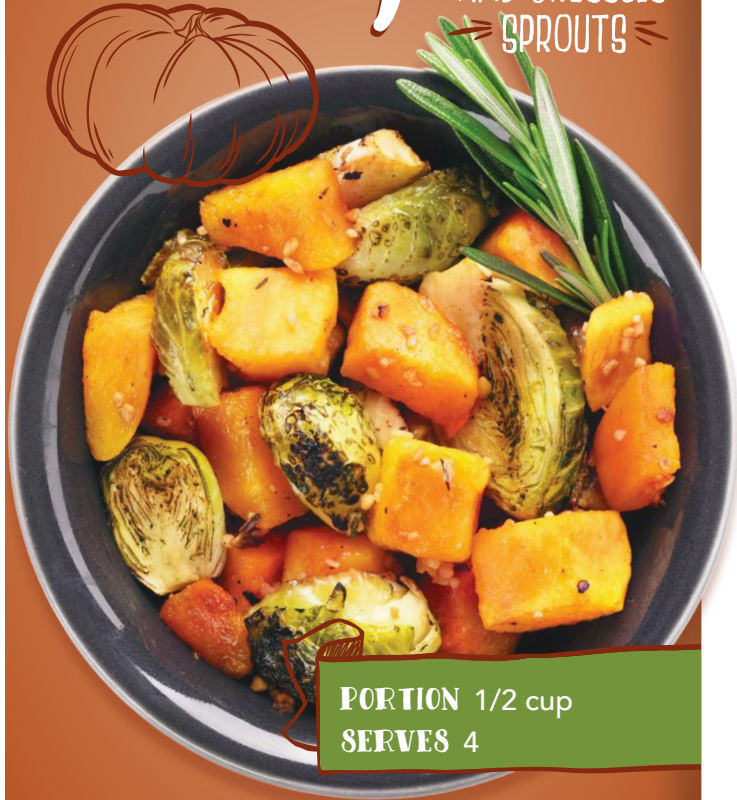


# BALSAMIC ROASTED Pumpkin AND BRUSSELS SPROUTS



PORTION 1/2 cup  
SERVES 4

SUPERFOOD

## INGREDIENTS

2 cups Pumpkin, Cubed

2 cups Brussels Sprouts

2 Tbsp Canola Oil

2 Tbsp Balsamic Vinegar

1 Tbsp Garlic Cloves, Minced

1 Tbsp Fresh Thyme, Chopped

1/4 tsp Salt

1/8 tsp Fresh Ground Black Pepper

## METHOD

1. Halve the Brussels sprouts. Toss pumpkin cubes and Brussels sprouts with oil, vinegar, garlic, thyme, salt and pepper. Spread in a single layer on a sheet pan. Roast at 350F for 30 minutes.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
110	7g	0.5g	10g	3g	2g	135mg