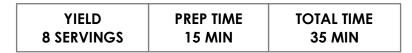
Curry Roasted Brussel Sprouts and Sweet Potato

This recipe uses curry to balance the sweet and savory vegetables in this dish, bringing a deep earthy flavor with just a touch of sweetness.



INGREDIENTS

2 medium	Sweet Potato, diced to 1" cubes
1 lb.	Brussel Sprouts, halved or quartered
½ medium	Onion, yellow or red, diced
2 Tbsp	Olive Oil

For the Curry Powder Blend:

- 1 Tbsp Coriander, ground
- 1 ½ tsp Cumin
- 1 tsp Turmeric
- 1/2 tsp Black Pepper, ground
- 1/2 tsp Chili Powder
- 1/2 tsp Ginger, ground
- 1/2 tsp Garlic Powder

CHEF'S NOTES

Overcrowding the pan prevents veggies from cooking faster and creates less surface space for browning and those yummy crispy edges. Make sure to spread vegetables in an even layer on baking trays for maximum crisping and flavor!

Sweet potatoes are known as a great source of Vitamin A and Brussel Sprouts are high in Vitamin C. This side dish is also a great source of fiber. Fiber can help lower cholesterol, control blood sugar levels, and it can keep you feeling full for longer in between meals.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat Oven to 400° F and line two baking sheets with foil or parchment paper (if using a very large sheet tray, you may only need one).

2. Add the chopped vegetables to a large bowl.

3. In a small bowl, combine all spices for curry powder blend, set aside.

4. Add the olive oil and spice blend to the bowl of vegetables and stir until well combined and vegetables are evenly coated.

5. Spread the vegetable mixture in an even layer onto the prepared baking sheets.

6. Roast in the oven for 20 minutes or until browned and crispy on the edges. Flip once while cooking for even browning.



Nutrition Facts

6 servings per container

Serving Size

Calories

1 cup (163 g)

Amount per serving

140

	% Daily Value *
Total Fat 5g	6%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	19%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	11%
Potassium 600mg	12%
*The % Daily Value (DV) tells you how much a nutrien	t in a serving of food

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.









Goldring Center for Culinary Medicine