

# 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.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## 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  
½ tsp Black Pepper, ground  
½ tsp Chili Powder  
½ tsp Ginger, ground  
½ 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** 1 cup (163 g)

Amount per serving

**Calories** 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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

