

Roasted Brussels Sprouts Delicata Squash and Cranberries with Balsamic Syrup

Author: Craving Something Healthy

Roasting Brussels sprouts and delicata squash brings out their natural sweet flavors. This easy side dish is delicious, colorful and a perfect side dish for a fall or Thanksgiving dinner.



Ingredients

- 1 pound Brussels sprouts ends trimmed and outer leaves removed
- 1 medium Delicata squash halved lengthwise, seeded and cut into 1-inch pieces
- 1 ½ cups fresh cranberries
- Kosher salt and pepper to taste
- ½ cup balsamic vinegar
- ¼ cup brown sugar
- 2 tablespoons roasted pumpkin seeds
- 3 tablespoons fresh pomegranate arils

Instructions

1. Preheat oven to 400 degrees.
2. Rinse vegetables and cranberries well, pat dry and place in a large mixing bowl. Moisten with a bit of water or broth and season with salt and pepper. Toss well
3. Transfer brussels sprouts, squash and cranberries to a baking pan, so that everything is in a single layer.
4. Roast for about 30 minutes or until brussels sprouts turn brown and crisp in spots, and squash has golden brown spots. Turn vegetables halfway through roasting, to cook evenly.
5. While vegetables are roasting, mix balsamic vinegar and brown sugar in a small saucepan and bring to a boil. Reduce heat and simmer for 10-12 minutes, or until mixture thickens and turns to a syrup consistency.
6. Let vegetables and cranberries cool a bit, and drizzle with balsamic syrup. If desired, sprinkle with roasted pumpkin seeds and pomegranate arils before serving.