



FOR THE LOVE OF YOU COACHING

BY RACHEL



Roasted Brussels Sprouts and Butternut Squash

Ingredients

- 1 lb Brussels sprouts, ends removed and halved
- 1 butternut squash, peeled and cubed
- 5 slices bacon, chopped
- 4 tablespoons olive oil
- Salt and pepper, to taste
- 2 teaspoon garlic powder
- 2 teaspoon dried thyme

For the topping

- 3/4 cup dried cranberries
- 3/4 cup feta cheese, crumbled

Instructions

- Preheat the Oven to 400°F (200°C).
- In a large mixing bowl, combine the halved Brussels sprouts and cubed butternut squash.
- Add the chopped bacon, olive oil, salt, pepper, garlic powder, and dried thyme. Toss everything together until the vegetables are well-coated.
- Spread the vegetable and bacon mixture evenly on a large baking sheet.
- Roast in the preheated oven for 40 minutes, stirring halfway through, until the Brussels sprouts are crispy and the butternut squash is tender.
- Once the vegetables are roasted, remove the baking sheet from the oven.
- Sprinkle the dried cranberries and crumbled feta cheese over the roasted vegetables.

Nutritional information – Serves 6:

1 Serving = Cals: 280kcal, Carbs: 22g, Fiber: 4g, Sugar: 10g Protein: 6g, Fat: 19g