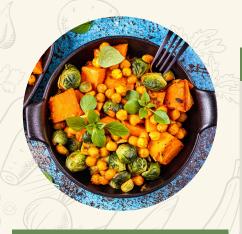
Cinnamon Roasted Sweet Potatoes & **Brussels Sprouts** By Chef Darian Bryan



INGREDIENTS:

- 3 cups sweet potatoes, peeled and diced
- 4 cups Brussels sprouts, trimmed and halved
- 1 can (15.5 oz.) chickpeas, rinsed and drained
- 2 Tbsp. olive oil
- 1 1/2 cups pecans, chopped
- 2 tsp. ground cinnamon
- salt and pepper to taste
- 4 Tbsp. maple syrup

DIRECTIONS:

- 1. Preheat oven to 400°F.
- 2. In a large mixing bowl, combine sweet potatoes, chickpeas, and Brussels sprouts.
- 3. Drizzle olive oil over the vegetables and sprinkle with ground cinnamon, salt, and pepper. Toss to coat evenly.
- 4. Spread the seasoned vegetables on a baking sheet in a single layer.
- 5. Roast for 25-30 minutes or until sweet potatoes are tender and Brussels sprouts are slightly crispy.
- 6. While vegetables are roasting, toast pecans in a dry skillet over medium heat for 2-3 minutes. Watch closely to avoid burning.
- 7.Once vegetables are done roasting, drizzle them with maple syrup and sprinkle the toasted pecans on top.

MEAL KIT SHOPPING LIST

(1) 30 min Vield: 6 servings



48 oz. sweet potatoes



1 x 15.5 oz. canned chickpeas



2 lb. brussel sprouts



10 oz. shelled pecan

Seasonings and more:

- ground cinnamon
- maple syrup
- olive oil

Healthy Options. Cooking at Home

Grocery cost: \$18.02 Recipe cost: \$14.37 Cost per meal: \$2.40 *prices found at Wegmans as of October 2023





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