

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



30 min

Yield: 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

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Cooking at Home

Grocery cost: \$18.02

Recipe cost: \$14.37

Cost per meal: \$2.40

*prices found at Wegmans as
of October 2023