



ROASTED BRUSSELS SPROUTS AND SWEET POTATOES

MAKES 6 SERVINGS

Ingredients:

- 1 bag Brussels sprouts, cut in half lengthwise
- 1 sweet potato chopped and cut into chunks
- 1 Tbsp (or to liking) balsamic vinegar drizzled on top
- ¼ c red onion diced
- 1-2 Tbsp olive oil to drizzle on top
- Sweet jerk seasoning to taste
- Salt and pepper to taste

Directions:

Preheat the oven to 400 degrees.
Combine all ingredients together on a sheet pan and roast in the oven for 30-35 minutes or until vegetables are tender.