

# 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°F. Combine all ingredients together on a sheet pan and roast in the oven for 30-35 minutes or until vegetables are tender.