

LUNCH OR DINNER — SIDE DISH

Roasted Brussels Sprouts and Sweet Potatoes

Makes 6 servings · about ¾ cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 3 g · Fiber 4 g · Calories 100	

Ingredients

- 1 bag Brussels sprouts, halved lengthwise
- 1 sweet potato, cut into chunks
- 1 Tbsp balsamic vinegar (or to taste), drizzled
- ¼ cup red onion, diced
- 1–2 Tbsp olive oil, drizzled
- Sweet jerk seasoning to taste
- Salt and pepper to taste

Directions

1. Preheat the oven to 400°F.
2. Combine all ingredients on a sheet pan.
3. Roast 30–35 minutes, until the vegetables are tender.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bag Brussels sprouts lengthwise
- ☐ 1 sweet potato chunks
- ☐ 1 medium red onion (about ¼ cup diced)

CHECK YOUR PANTRY

- ☐ Balsamic vinegar
- ☐ Olive oil
- ☐ Sweet jerk seasoning
- ☐ Salt
- ☐ Black pepper