Roasted Brussel Sprouts and Butternut Squash

BY RHONDA COMBS

You will need:

1lb Brussel sprouts
1lb Butternut squash
1 Red pepper
1 Onion
Cooking oil (coconut oil spray or your choice)
Avocado oil
Roasted garlic and herb seasoning (Grill Mates)
Garlic lemon pepper
Balsamic glaze (Nonna Pia’s)
Roasted Brussel Sprouts and Butternut Squash Directions

1. Preheat the oven to 350 degrees
2. Prep vegetables. Slice brussel sprouts in half. Chop butternut squash into half inch cubes. Slice red pepper into strips. Slice onion into strips.
4. Drizzle avocado oil over the veggies. Sprinkle garlic and herb seasoning and garlic lemon pepper on veggies. Drizzle balsamic glaze over the veggies.
5. Roast at 350° for 30 minutes.
6. Remove from oven and add more balsamic glaze to taste.

July 2020 Grandma’s Hands Menu

Roasted Brussel Sprouts and Butternut Squash
Broccoli and cheese casserole
Macaroni and cheese
Baked BBQ chicken
Cornbread

Grandma’s Hands
Passing on Black Cultural Food Traditions to Future Generations