ROSEMARY ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

6 SERVINGS

INGREDIENTS

- 2 packages (20-24 oz) frozen Brussels sprouts
- 2 sweet potatoes, cut into ¾” chunks
- 1 large red onion, cut into ½” wedges
- 3 Tbsp. preferred vegetable oil
- 1 Tbsp. minced fresh rosemary
- 1 tsp. fine sea salt
- ½ tsp. black pepper
- ½ c. dried cranberries
- ½ c. toasted pecans, roughly chopped

INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 400 ºF.
3. Scrub sweet potatoes with a clean vegetable brush under running water.
4. On a large baking sheet toss frozen Brussels sprouts, potatoes, and onion with oil, rosemary, salt, and pepper. Divide between 2 baking sheets so vegetables are in a single layer.
5. Cook the Brussels sprouts according to package instructions, stirring occasionally, until all the vegetables are tender and browned. This will take about 30-40 minutes.
6. Transfer vegetables to a serving dish and toss with cranberries and pecans. Serve immediately.

RECIPE COURTESY OF: Partnership for Food Safety Education

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.
Separate: Don’t cross-contaminate.
Cook: Cook to the safe internal temperature.
Chill: Refrigerate or freeze promptly.

Learn more about food safety at StoryOfYourDinner.org