

## RECIPE



# ROSEMARY ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

6 SERVINGS



## INGREDIENTS

2 packages (20-24 oz) frozen Brussels sprouts

2 sweet potatoes, cut into  $\frac{3}{4}$ " chunks

1 large red onion, cut into  $\frac{1}{2}$ " wedges

3 Tbsp. preferred vegetable oil

1 Tbsp. minced fresh rosemary

1 tsp. fine sea salt

$\frac{1}{2}$  tsp. black pepper

$\frac{1}{2}$  c. dried cranberries

$\frac{1}{2}$  c. toasted pecans, roughly chopped

## INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Preheat oven to 400 °F.
- 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](http://StoryOfYourDinner.org)

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