

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Roasted Harvest Vegetables

Serves 8

Wonderful vegetable flavors combine in this colorful dish that will be a beautiful and delicious addition to the Thanksgiving table. We've taken a few classic autumn vegetables and roasted them to perfect. Choose your favorite squash – we used butternut squash, Brussels sprouts AND piquant cranberries. Once roasted, we've tossed them with an apple cider vinaigrette and served them hot. This dish just may outshine the turkey!

Ingredients:

1 butternut squash, 3/4-inch dice
1/2 lb. Brussels sprouts, halved
5 oz. cranberries, fresh (or frozen and thawed)
1 shallot, diced
3 tablespoons olive oil for roasting
Kosher salt and pepper
1/4 cup walnut pieces

Dressing:

3 tablespoons olive oil
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
Pinch of Kosher salt
Freshly ground black pepper
1 teaspoon honey

Directions:

1. Preheat oven to 425°.
2. Prepare the butternut squash. First remove both ends. Cut squash in half at the waist, remove the peel and scoop out the seeds and fibers. Dice by cutting the squash pieces into 3/4-inch slices, then cross-cut into cubes.
3. Wash and prepare Brussels sprouts. Peel off loose leaves, chop off stalk end and slice in half.
4. On a large baking sheet pan, spread butternut squash in a single layer and drizzle with the olive oil, Kosher salt and pepper. Roast in the oven, (stirring every 10 minutes or so) until the cubes begin to caramelize and brown, about 25 minutes. Roast in batches if necessary. If the sheet pan is too full, the vegetables will steam instead of roast. Set the roasted squash aside in a large bowl.
5. Next, roast the Brussels sprouts, cranberries and shallots. Similarly spread out on the sheet pan, drizzle with olive oil, Kosher salt and pepper. Roast for 30-40 minutes until browned. Also add these roasted veggies to the bowl with the squash.
6. Whisk the dressing together, and carefully toss with roasted vegetables.

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7. Top with the walnut pieces and serve hot.