



# MAPLE-MUSTARD ROASTED VEGETABLES

Makes 6 servings

## INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 2 tablespoons 100% pure maple syrup
- 1 teaspoon whole grain mustard
- 2 tablespoons dry white wine
- 2 teaspoons fresh thyme leaves, chopped
- 1/2 pound butternut squash, peeled and chopped into 1/2-inch pieces
- 2 carrots, chopped into 1/2-inch pieces
- 1 red onion, peeled and cut into sixths or eighths (keep root attached)
- 2 parsnips, peeled and chopped into 1/2-inch pieces
- 1 medium sweet potato, peeled and chopped into 1/2-inch pieces
- 10 medium Brussels sprouts, halved
- Sea salt and freshly ground black pepper

## INSTRUCTIONS

Preheat oven to 400° F. Line 2 baking sheets with parchment paper.

In a large bowl, whisk together the oil, syrup, mustard, wine and thyme. Make sure the maples syrup is well incorporated. Add all the vegetables and toss to coat.

Spread evenly between the two pans in one layer and sprinkle well with salt and pepper (about 3/4 teaspoon salt or more.)

Roast vegetables until tender and slightly caramelized, about 50 minutes, tossing after 30 minutes. You may need to rotate the pans if they are not side-by-side in the oven or if your oven has hot spots.