

Oven-Roasted Colourful Vegetables



These oven-roasted vegetables are one of my favourite side dishes! Easy to make, they combine simple and comforting flavours with a hint of sweetness that adds that special touch to make the dish unique.

Preparation 10 min

Cooking 40 min

Servings 6

Nutrition Facts (per serving)

Calories 155

Fat 4

Carbohydrates 25

Fibre 6

Protein 5

Sodium 170

Ingredients

- 1 squash (butternut or acorn), peeled and diced
- 2 sweet potatoes, diced
- 1 lb (450 g) Brussels sprouts, halved or quartered depending on size
- 15 ml (1 tbsp) olive oil
- Salt and pepper to taste
- 60 ml (¼ cup) crumbled feta cheese

Preparation

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Spread the squash and sweet potatoes on the baking sheet, drizzle with olive oil, and season to taste. Mix well to coat the vegetables evenly.
3. Bake for 20 minutes, then add the Brussels sprouts to the baking sheet. Gently toss to coat the sprouts in oil and spread them out evenly.
4. Continue baking for an additional 20 minutes, stirring halfway through, or until all the vegetables are tender and slightly golden.
5. Remove from the oven, sprinkle with feta cheese and dried cranberries. Gently toss and serve immediately.

Notes

Keeps for 3 to 5 days in an airtight container in the refrigerator.

For an extra touch of indulgence, drizzle with honey or maple syrup just before serving. You can also customize the recipe by substituting cranberries with raisins or adding nuts for a crunchy texture.



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