

# Brussels Sprouts and Sweet Potatoes with Maple-Balsamic Reduction

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## **Servings: 8**

*1 1/2 pounds Brussels sprouts, trimmed and halved lengthwise*  
*1 pound sweet potatoes, peeled, quartered and sliced crosswise into 1/2-inch pieces*  
*1/2 cup olive oil*  
*1 teaspoon fresh thyme, chopped*  
*salt (to taste)*  
*pepper (to taste)*  
*1/2 cup balsamic vinegar*  
*1/4 cup maple syrup*  
*thyme (for garnish)*

## **Preparation Time: 15 minutes**

## **Cook Time: 25 minutes**

Place the oven racks in the upper middle and lower middle positions. Preheat the oven to 425 degrees.

In a large bowl, toss the Brussels sprouts, sweet potatoes, oil, thyme, one teaspoon of salt and 3/4 teaspoon of pepper until combined. Spread the vegetables in an even layer on two parchment-lined baking sheets.

Roast until browned and tender, 20 to 25 minutes, switching and rotating the sheets halfway through.

In a small saucepan, combine the vinegar and maple syrup. Simmer over medium-high heat until the mixture is reduced by about half and is the consistency of runny honey, about 10 minutes.

Transfer the vegetables to a platter. Drizzle with the maple-balsamic reduction. Sprinkle with more thyme. Serve.

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Per Serving (excluding unknown items): 223 Calories; 14g Fat (53.0% calories from fat); 3g Protein; 24g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.