



# Roasted Brussels Sprouts and Carrots

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~¾ cup

## Ingredients

- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ pound carrots, peeled and sliced into matchsticks (julienne cut)

## Directions

1. Preheat the oven to 400°F.
2. Prepare the Brussels sprouts by removing the outer leaves if dry or discolored, trimming the stems off, and cutting each sprout in half lengthwise.
3. In a large mixing bowl, whisk together the oil, maple syrup, mustard, thyme, salt, and black pepper.
4. Add the Brussels sprouts and carrots. Toss to combine.
5. Transfer the Brussels sprouts and carrots to a baking sheet and spread into a single layer.
6. Roast in the oven for 15 minutes, then remove from the oven and toss the Brussels sprouts and carrots on the baking sheet.
7. Spread the Brussels sprouts and carrots back into a single layer, then continue cooking in the oven until fork-tender, about 10-15 minutes.
8. Serve warm.

## Recipe Notes

- This recipe will work with a variety of vegetables, such as cauliflower, onions, asparagus, eggplant, mushrooms, or peppers. Cook time may need adjusting, up or down, based on the vegetable you are using.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 5 g | Saturated Fat: 1 g  
Sodium: 150 mg | Total Carbohydrate: 13 g | Dietary Fiber: 4 g | Protein: 3 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs