



Thankful

Recipe by Ana Chambers '18. She is an Entrepreneurship major from New Jersey who is active with UT Entrepreneurs and Delta Zeta.

Roasted Autumn Medley

Total Time: 40 minutes | 4-6 servings

Roasted Brussels Sprouts:

- 3 cups Brussels sprouts, ends trimmed and halved
- 3 tablespoons olive oil
- Salt and pepper to taste

Roasted Butternut Squash:

- 1 and ½ pounds butternut squash, peeled, seeded, and cubed into cubes
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- ½ teaspoon ground cinnamon

Additional Ingredients:

- 1 cup pecan halves
- 1 cup craisins (dried cranberries)

Preheat oven to 400 F. Lightly grease 2 foil-lined baking sheets with 1 tablespoon of olive oil each. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt and pepper (to taste), and toss to combine. In another bowl, combine cubed butternut squash, 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Place each on one of the foil-lined baking sheets and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, flip them to even browning. Remove both and let cool slightly. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine. (OPTIONAL): For more sweetness, add additional maple syrup.



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As Spartans, we come and go throughout the world.

Thanksgiving is a wonderful reminder that no matter the distance, UT is always home.

To see our unique Spartan Thanksgiving in action, visit www.ut.edu/ThanksUT.

Wishing you a bountiful holiday filled with gratitude.

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P.S. Make sure to turn over for a holiday recipe from a Spartan student!