



# Roasted Brussels Sprouts and Carrots

Prep: 10 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: ¾ cup

## Ingredients

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

## Directions

1. Preheat the oven to 400°F.
2. In a large mixing bowl, whisk together the oil, maple syrup, mustard, thyme, salt, and pepper. Set aside.
3. Prepare the Brussels sprouts by removing the outer leaves if dry or discolored, trimming the stems off, and cutting each sprout in half lengthwise.
4. Place the Brussels sprouts and carrots in the bowl with the oil mixture. Toss to combine.
5. Spread the Brussels sprouts and carrots in a single layer on a baking sheet and bake in preheated oven for 15 minutes.
6. Remove from oven and toss 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 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

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