

Roasted Squash with red onions and Brussel sprouts

Ingredients:

- $\frac{35}{17}$ I package diced winter squash (in small pieces)
- $\frac{35}{17}$ $\frac{1}{2}$ red onion, sliced
- $\frac{35}{17}$ 1 cup Brussel sprouts, trimmed and sliced in quarters
- $\frac{35}{17}$ 1 Tb. olive oil

Directions:

1. Combine all ingredients in a bowl and mix. Place in a roasting pan.
2. Put in a pre-heated oven at 375 degrees
3. Roast for 20 minutes or until brown. Stirring several times

Nutrition (Serves 2): 116 calories, 7 grams of fat, 4 mg sodium, 14 g carbohydrate

Note: I made up this recipe this month when my parents came up to visit. We were busy all day and I was able to put this together very quickly. I served it with grilled pork tenderloin. Frankly, it was just delicious! Enjoy!