



## Ingredients

- 1 small butternut squash
- 2 apples, chopped
- 1 c brussel sprouts, chopped
- 1/2 red onion, chopped
- 2 tbsp grapeseed oil
- 1/4 tsp cardamom
- Sea salt and ground black pepper to taste
- 1/4 c crumbled goat cheese
- Chopped parsley as garnish

## Directions

- Preheat oven to 400°F.
- In a bowl, mix squash, apples, brussel sprouts, onion, oil, cardamom and salt and pepper.
- Lay out on a baking sheet.
- Roast for 45-50 minutes, tossing every 15 minutes.
- Remove and let cool for 5 minutes.
- Salt and pepper to taste, serve on plate, and top with goat cheese and parsley garnish.

Difficulty level- easy

Price level- moderate