

Balsamic Roasted Brussels Sprouts, Winter Squash, Beets & Shallots

I love the firm green florets combined with red-orange squashes, tender shallots and brilliant beets. The beet color will bleed into the balsamic vinegar-olive oil blend and tint the squash with deep red. Your favorite squash is the best one to use... Butternut is fairly easy to peel and crescents of Delicata have a thin edible skin. I am currently infatuated with Red Kiri but their peels are tougher. Sugar Loaf and Honey Boat are varieties of Delicata available briefly in the fall that have been crossed with Butternut and have hints of caramel, hazelnut or brown sugar. I say try them all!

Ingredients

- 2 cups brussels sprouts, washed, trimmed, cut in half
- 2 cups winter squash, peeled, cut into 1/2" cubes
- 2 medium shallots, peeled, quartered
- 1 large cylindrical or round red beets , peeled, cut into 1/2" cubes
- 3 Tablespoons balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 1/2 teaspoon sea salt
- 1/8-1/4 teaspoon freshly ground black pepper, to taste
- 1 scallions, green and white parts, sliced into thin rounds
- 1/2 lemon, quartered

Method

Preheat oven to 375F.

Place brussels sprouts halves with shallots into one baking pan, cut-side down. Place winter squash with beets into another. Pour half of balsamic vinegar to each baking pan. Add half of olive oil to each pan and toss to coat. Place both baking pans into oven.

Roast both pans for about 25 minutes, turning the pan after 10 minutes for even browning and test with tip of sharp knife for tenderness at 25 minutes. Sprouts are ready when they are lightly golden brown and squash/beets are ready when tender.

Serve immediately with scattering of scallions and squeeze of lemon juice to brighten and

lighten the flavors.

Source: [Mary Scott \(4 servings\)](#)
