

Roasted Beets/ Brussels Sprouts/ Winter Squash with Chevre and Balsamic

Yield: 8 servings

Gluten-free
FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, omit
cheese

Ingredients

2 slices bacon

4 cups beets / Brussels sprouts / winter
squash, cut to similar size

¼ tsp salt, kosher

1 Tbsp aged balsamic vinegar

3 oz goat cheese

Directions

1. Preheat oven to 325°F.
2. Place bacon on a baking sheet in the oven. Roast for about 15 minutes or until bacon is crisp.
3. Remove the pan from the oven, and set the bacon aside, leaving as much of the bacon fat on the pan as possible.
4. Place the vegetables on the baking sheet. Toss to coat in the fat.
5. Sprinkle with salt (¼ tsp). Return the pan to the oven. Roast until vegetables are tender.
6. Remove from oven and toss with balsamic vinegar (1 Tbsp).
7. Plate the vegetables. Serve topped with crumbled goat cheese (3 oz) and reserved bacon.



Share your healthy eats
with us @Wellbeats



Roasted Beets / Brussels
Sprouts / Winter Squash
with Chevre and
Balsamic

Nutrition Facts

Serving size 1 (3.1oz)

Amount Per Serving **87g**

Calories **86**

% Daily Value

Total Fat 4.9g **8%**

Saturated Fat 1.6g **8%**

Cholesterol 5mg **2%**

Sodium 205mg **9%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 4g **8%**

Vitamin A **3%**

Vitamin C **6%**

Calcium **3%**

Iron **4%**