



BRUSSELS SPROUTS AND POTATO SABJI

Ingredients

- 3 cups Brussels sprouts
- 1 cup white potato
- 3 tbsp olive oil
- 1 tsp cumin seeds
(if you don't have this add 1/2 tsp extra cumin)
- 1 tsp chili powder red
- 0.5 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 0.25 tsp gram masala
- 1 tbsp lemon juice fresh or bottled
- 1 tsp sugar
- 1/2 cup cilantro freshly chopped (optional)
- Salt to taste



Cooking Instructions

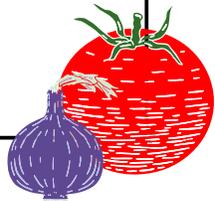
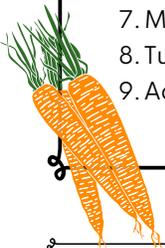
Preparing the vegetables

1. Trim and chop the brussels sprouts
2. Leave the skin on and slice the potatoes into chips

Cooking the curry

1. Heat oil in the pan on medium heat
2. Add cumin seeds
3. Once the cumin seeds darken slightly, add the potatoes
4. Add turmeric powder and a small pinch of salt (we will add more salt at a later stage). Mix well
5. Lower the heat cover the pan with a lid and cook the potatoes until half cooked
6. Now add the Brussels Sprouts, all of the masalas, and the remaining salt
7. Mix well and cook until the potatoes are done and sprouts are soft
8. Turn off the heat and add lemon juice and sugar. Stir well
9. Add freshly chopped coriander just before serving

PREP TIME 15 mins COOK TIME 15 TOTAL TIME 30 mins



Squash, Apple and Brussel Sprout Bake

Butternut Squash (or potatoes), Apple, and Brussel Sprout Bake is full of caramelized veggies, warming seasonings for cold Wyoming nights, and ready in 20 minutes with just one pan!

Ingredients

- 5 cups cubed squash
(or potato of any sort)
- 1 apple, cut into cubes
- 3 cups halved Brussel sprouts
- 2 tablespoons olive oil
- 1 teaspoon rosemary (fresh or dry)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup pecans, optional (as garnish)

Directions:

1. Preheat the oven to **425 degrees**.
2. Spread the squash, apple, and brussel sprouts out on a sheet pan. Drizzle on the oil and sprinkle on the herbs and spices. Toss to coat all the veggies in the oil and seasonings. **Bake for 20 minutes** or until the veggies are tender and caramelized.

