

Maple-Roasted Veggies (Perfect Side Dish)

Serves: 4

Time: 40 minutes

Ingredients

- 4 cups chopped vegetables (carrots, Brussels sprouts, sweet potatoes, butternut squash, or a mix)
- 3 tbsp pure maple syrup
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- Fresh thyme for garnish (optional)

Instructions

1. **Preheat oven**
Heat to **425°F (220°C)**.
2. **Season the vegetables**
In a large bowl, toss veggies with olive oil, maple syrup, salt, pepper, and paprika.
3. **Roast**
Spread evenly on a baking sheet.
Roast **25–35 minutes**, stirring once, until caramelized and tender.
4. **Finish & serve**
Garnish with fresh thyme or extra maple syrup drizzle.

Tips

- Maple brings out natural caramelization in root veggies — sweet potatoes and carrots are especially good.
- Add pecans during the last 10 minutes for crunch.