

### **ROASTED KABOCHA SQUASH with MAPLE SYRUP and GINGER**

3lbs kabocha squash – peeled, seeded, and cut into  
1" thick wedges  
3 tbsp. pure maple syrup  
3 tbsp. extra-virgin olive oil  
1 tbsp. fresh ginger – peeled and finely grated  
6 thyme sprigs plus thyme leaves for garnish  
Kosher salt to taste

Preheat the oven to 450°. On a rimmed baking sheet, toss the squash wedges with the maple syrup, olive oil, ginger, thyme sprigs and salt. Arrange the squash in a single layer and roast for 15 minutes. Flip and roast for 15 minutes longer, until golden and tender. Discard the thyme sprigs. Transfer the squash to a serving platter and garnish with thyme leaves.

### **ROASTED BUTTERNUT SQUASH**

5 lbs. peeled, cubed butternut squash (1-inch pieces)  
3/4 cup Bragg's amino acids  
(for soy-free version use coconut aminos)  
3/4 cup water  
1-2 tbsp. sesame oil  
1/2 tsp. red pepper flakes

1. Preheat oven to 400 degrees
2. In a bowl, whisk together all ingredients except squash
3. Line a sheet pan with parchment or prep with non-stick spray
4. Roast until tender, stirring occasionally to keep squash coated in marinade. Marinade will thicken into a glaze as it cooks.

### **ROASTED BRUSSELS SPROUTS**

2-3 pounds Brussels sprouts  
1 tbsp. agave  
1 tbsp. extra-virgin olive oil  
1 tbsp. sesame oil  
1 pinch of red pepper flakes  
Salt and Pepper to taste

1. Combine ingredients in bowl and toss until Brussels sprouts are evenly coated
2. Spread evenly on a baking sheet
3. Roast at 400° for 30-45 minutes, turning every 5-7 minutes for even browning.

### **ROASTED CHESTNUTS**

- 1 pound chestnuts
  - 1/4 cup butter
  - salt to taste
- 1 pinch ground cinnamon

1. Preheat oven to 375°
2. Cut a 1/2 inch crisscross on the flat side of each nut. Be sure to cut through the shell to prevent the nut from exploding.
3. Place the nuts in a shallow baking pan and bake for 25 to 30 minutes.
4. Allow to cool and peel off the shell.
5. Place nuts in a skillet with butter and sauté over high heat until butter is melted and chestnuts are well coated.
6. Place skillet in oven and roast until they are golden on top.
7. Sprinkle with salt and cinnamon.

