



Air Fryer Maple Dijon Brussels Sprouts & Squash

4 servings

20 minutes

Ingredients

2 cups Brussels Sprouts
1 Acorn Squash (medium, seeds removed, sliced)
1 tbsp Balsamic Vinegar
1 tbsp Raw Honey
1 tbsp Dijon Mustard
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	87
Fat	0g
Carbs	21g
Fiber	3g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	57mg
Vitamin A	727IU
Vitamin C	49mg
Calcium	56mg
Iron	1mg
Selenium	1µg

Directions

- 1 Preheat the air fryer to 380°F (195°C).
- 2 Add the brussels sprouts and squash to a large bowl.
- 3 In a small bowl, whisk together the balsamic vinegar, honey, mustard, garlic powder, salt, and pepper. Drizzle over the Brussels sprouts and squash and mix until well coated.
- 4 Transfer to the air fryer and cook for 12 to 15 minutes, until fork-tender and browned. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Goat cheese, fresh sage, rosemary, or thyme.