



INGREDIENTS:

4 cups Brussels sprouts, cut uniformly
1 Tbsp olive oil
1 tsp kosher salt
3 Tbsp olive oil
2 Tbsp honey
1 tsp dry mustard powder
1/2 Tbsp dried dill weed
1/2 tsp onion powder
1/2 tsp kosher salt

METHOD:

Line a sheet tray with parchment and preheat oven to 400. Toss Brussels sprouts with 1 Tbsp of olive oil and 1 tsp salt and roast until tender, about 25 minutes depending on the size of the sprouts. Set aside to cool. Whisk together remaining 3 Tbsp of oil, honey, mustard, dill, onion powder and a 1/2 tsp salt then pour mixture over Brussels sprouts and mix until sauce is well distributed.



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INGREDIENTS:

4 cups squash, halved lengthwise, seeds removed, cut into 1/2 inch thick half moons
2 Tbsp olive oil
2 Tbsp honey
2 Tbsp butter, unsalted
1/2 Tbsp Sriracha
1/2 Tbsp salt

METHOD:

Line sheet tray with parchment. Preheat oven to 425 degrees. Melt butter, olive oil, honey, salt, and Sriracha until combined. Toss squash in mixture, pour onto sheet tray and bake for 20-25 minutes, or until squash is browned and tender.



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