Roasted Brussels Sprouts

Ingredients:

1 ½ pounds Brussels sprouts, ends trimmed and yellow leaves removed
3 table spoons olive oil
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper

Directions:

1. Preheat oven to 400 degrees
2. Place trimmed Brussels sprouts, olive oil, kosher salt and pepper in a large resealable plastic bag. Seal tightly and shake to coat. Pour onto baking sheet and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Pumpkin Peanut Butter Sandwich

Ingredients:

½ cup low sodium canned pumpkin
½ cup creamy or crunchy peanut butter
4 slices whole wheat or white bread
1 medium banana, sliced

Directions:

1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter on each slice of bread
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

Note: Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.