

DAY 5: VEGGIE SHEET PAN BREAKFAST



YIELDS
2 Servings



TIME
45 min



INGREDIENTS

- 1 Sweet Potato, peeled and diced
- 15 Brussels Sprouts, halved
- 1 Apple, cored and diced
- 2 Parsnips, peeled and diced (or Carrots)
- 8 oz sliced Mushrooms
- 2 tbsp Olive Oil
- 1 tsp dried Thyme
- big pinch Sea Salt
- 1 bunch Kale, woody stem removed and chopped

For the Stewed Berries

- 1 cup Mixed Berries, fresh or frozen
- 1.5 tsp Maple Syrup
- 1/8 cup Water

M *Make ahead:*

Prep and roast up to 4 days ahead of time. You could also just prep the veggies and then roast right before serving if you'd rather.

If making the stewed berries, that can also be made up to 4 days ahead of time as well. Store separately from the roasted veggies.

DIRECTIONS

Preheat the oven to 425 F. Line a sheet pan with parchment paper.

Prepare the veggies as indicated (peeling, dicing, etc) and then put everything up to the mushrooms on the sheet pan.

Drizzle the veggies with the olive oil and then sprinkle with the thyme and sea salt. Toss to coat. Roast for 30 minutes, adding the chopped kale to the sheet pan in the last 10 minutes.

Meanwhile, put the ingredients for the stewed berries in a small saucepan and bring to a boil, then simmer uncovered for 20 minutes.

Serve warm. Especially good when served drizzled with the stewed berries for a sweet and tangy flavor punch.

T *Additional Tips:*

- Mix up the veggies! This is just an example of what you can do, but try different veggies too. Sliced fennel would make a great addition, diced carrots, turnips, kohlrabi, butternut squash, and acorn squash would also be great.
- If you're not doing AIP or serving this for others not on AIP, a fried egg on top could be a great addition
- This is a meatless meal but you could add a sausage patty, some bacon, or some other form of meat to add some protein.