



Steelers

THANKSGIVING RECIPES



RECIPE: Favorite Roasted Brussels Sprouts

FROM THE KITCHEN OF: Julie Feiler, wife of offensive tackle Matt Feiler

INGREDIENTS:

3 cups Brussels sprouts ends trimmed, yellow

leaves removed

3 tablespoons olive oil

1/4 teaspoon Salt to taste

INSTRUCTIONS:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.

2. Trim ends of brussels sprouts and remove yellow leaves.

3. Then, slice all brussels sprouts in half.

4. In a medium bowl, combine halved brussels sprouts, 2 tbsp of olive oil, salt (to taste), and toss to combine.

5. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes.

During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.



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RECIPE: Favorite Cinnamon Butternut Squash Recipe

FROM THE KITCHEN OF: Julie Feiler, wife of offensive tackle Matt Feiler

INGREDIENTS:

1 1/2 lb butternut squash peeled, seeded, and cubed

3 tablespoons maple syrup

into 1-inch cubes (Yields about 4 cups of uncooked

1/2 teaspoon ground cinnamon

cubed butternut squash)

2 tablespoons olive oil

INSTRUCTIONS:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.

2. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.

3. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

4. Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven – that's what I did.



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RECIPE: Toasted Pecans

FROM THE KITCHEN OF: Julie Feiler, wife of offensive tackle Matt Feiler

INGREDIENTS:

2 cups pecan halves

INSTRUCTIONS:

1. Toast pecans in the preheated oven at 350 F

2. Line a baking sheet with parchment paper.

3. Toast the pecans for about 5 minutes (maybe a bit longer) in the preheated oven at 350 F until they get
darker in color.

4. Note: pecans burn really fast, so make sure to check the nuts after 5 minutes and frequently afterwards.



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RECIPE: Favorite Roasted Brussels Sprouts and Cinnamon Butternut Squash Recipe

FROM THE KITCHEN OF: Julie Feiler, wife of offensive tackle Matt Feiler

INGREDIENTS:

Roasted Butternut Squash

2-4 tablespoons maple syrup optional

Roasted Brussels Sprouts

Roasted Pecans

1 cup dried cranberries

INSTRUCTIONS:

1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

2. (OPTIONAL): For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired – do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.