



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Balsamic Roasted Brussels Sprouts

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup coarsely chopped pecans
- ½ cup balsamic vinegar
- ½ cup 100-percent apple juice
- ¼ cup dried cranberries

Directions

1. Preheat oven to 425°F.
2. Combine Brussels sprouts, olive oil, salt and pepper in a large bowl; toss. Spread Brussels sprouts in a single layer on a large rimmed baking sheet and roast for 10 minutes.
3. Add pecans to the baking sheet and stir. Roast 5 to 7 more minutes, or until Brussels sprouts are tender and slightly browned and pecans are golden.
4. Meanwhile, combine balsamic vinegar and apple juice in a small saucepan. Bring to a boil over medium-high heat. Then, reduce heat to medium, and simmer 15 minutes or until thickened and reduced to about ¼ cup. Remove from heat.
5. Transfer Brussels sprout mixture to a large bowl; add cranberries. Drizzle with balsamic glaze, and toss until well blended. Serve immediately.

Serves 4

186 calories, 9 g fat, 1 g saturated fat, 25 g carbohydrate, 5 g fiber, 4 g protein, 180 mg sodium

Source: Academy of Nutrition and Dietetics

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