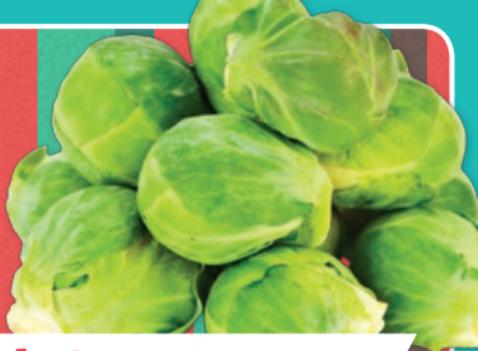


WINTER FLAVOR



Roasted Brussels Sprouts

A cruciferous vegetable, Brussels sprouts provide a hefty dose of vitamins K and C, fiber, antioxidants and other health-promoting and protective properties. Experiment and find different ways to enjoy this nutrient-dense veggie. With a flavorful and healthy preparation, they are sure to be a star on your holiday dinner table.

SERVES: 6

INGREDIENTS:

1 ½ lbs	Brussels sprouts
1-2 tbsp	Safflower or olive oil
To taste	Salt and pepper
¼ cup	Chopped walnuts
3 tbsp	Balsamic vinegar
1 tbsp	Pure honey or maple syrup
¼ cup	Dried cranberries

DIRECTIONS:

1. Preheat oven to 400° F. Trim ends of sprouts and cut larger ones in half. In a large bowl, combine the sprouts with the oil, salt and pepper, and toss to coat.
2. Spread onto a rimmed baking sheet and bake, stirring occasionally, for 30-40 minutes or until golden brown and tender.
3. Meanwhile, heat a pan over medium heat; add the walnuts and toast, stirring frequently for about 5 minutes or until fragrant and slightly browned. Watch carefully to avoid burning.
4. In a small dish, mix together the vinegar and honey or maple syrup. Halfway through cooking, brush the Brussels sprouts with the dressing and continue roasting.
5. Once cooked through, plate the sprouts in a shallow serving dish, top with cranberries and walnuts.

ALTERNATIVES:

- Roast the sprouts along with sweet potatoes, winter squash, onion, carrots and other hearty veggies.
- Instead of nuts, top with a few tablespoons goat or feta cheese. Or, skip the nuts, dried fruit and cheese and simply drizzle with fresh lemon juice and zest.
- Add Brussels sprouts to soups, pastas or egg frittatas, or sauté in a heavy skillet on the stove top.
- Slice sprouts very thinly and lightly steam or sauté for a unique side dish.
- Try them raw by grating and tossing with winter greens and light vinaigrette for a fresh salad.

