MAPLE BALSAMIC ROASTED BRUSSEL SPROUTS

Make this yummy side dish at your next holiday gathering...even if you're not a Brussel sprout fan you may just change your mind.

Ingredients:



- 2 lbs Brussels sprouts
- 2T extra virgin olive oil
- ¼ cup pure maple syrup
- 1T balsamic vinegar
- 4 cloves garlic, minced
- 2/3 cup raw pecans
- ½ cup dried cranberries
- 1/4 cup feta cheese crumbles (optional)
- salt & pepper to taste

Directions:

Preheat oven to 425 degrees. Trim stem ends off Brussels sprouts and cut in half. Place on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper, toss to combine. Spread out in an even layer on the baking sheet. Roast for at least 20 minutes, until Brussels sprouts are almost tender.

Meanwhile, stir together the maple syrup and balsamic vinegar. Remove Brussels sprouts from the oven and add garlic, cranberries and pecans to the pan. Pour the syrup mixture over the top and toss until everything is evenly coated. Return the pan to the hot oven and roast for 5-10 minutes more, until pecans are toasted and Brussels are golden and tender. Stir in feta cheese if using.

NUTRITION PER SERVING:

Serving: 1/6 recipe | Calories: 254kcal | Carbohydrates: 33g | Protein: 6g | Fat: 13g | Saturated Fat: 1g | Sodium: 40mg | Potassium: 671mg | Fiber: 7g | Sugar: 18g | Vitamin A: 1140IU | Vitamin C: 129.1mg | Calcium: 89mg | Iron: 2.5mg

Reference: www.kristineskitchenblog.com

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