

MAPLE ROASTED BRUSSELS SPROUTS



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

2 lbs Brussels sprouts
3 tbsp extra-virgin olive oil
3 tbsp maple syrup
½ tsp salt

OPTIONAL

½ tbsp chili flakes or cracked black pepper
3 tbsp balsamic vinegar

Nutrition

Brussels sprouts are chock-full of health-promoting nutrients. Along with other leafy greens, Brussels sprouts provide a significant amount of *Vitamins K** and *C*.

Enhancing this recipe with nuts will add *healthy (monounsaturated) fat*, *Vitamin E* and a little *protein*.

*Vitamin K and Blood Thinners:

If you are taking blood-thinning medication, such as Warfarin, consult with your doctor before making major changes to your diet (specifically, changes in Vitamin K). Adding a small amount of Vitamin K shouldn't cause a problem, but larger dietary changes may impact the efficacy of the medication.

Preparation time	Cook time	Total time	Servings
10 min	30 min	40 min	4-6 servings

Description

While Brussels sprouts are favored by few, this recipe may convince sprout opponents otherwise. With its sweet and savory combination, along with a perfect outer edge crunch, you'll forget you're actually eating a healthy vegetable!

Directions

- Preheat:** Set the oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper or foil for easy clean up. If you use foil, drizzle with a little olive oil to prevent sticking.
- Prepare the Sprouts:** Wash the sprouts. Trim the stems and wilted outer leaves. Cut them in half and pat dry with a paper towel. Place them in a large bowl.
- Add your Flavor:** Add the oil, maple syrup and salt. If you choose to add balsamic vinegar, chili flakes or black pepper, add them now. Toss to combine.
- Roast:** Spread the sprouts evenly on the lined baking sheet. Roast for about 30 minutes, stirring them halfway through. For more crispy and caramelized sprouts, leave them in the oven 5-10 minutes longer.

Notes

Use Leftovers for Breakfast: Reheat your leftovers the next morning and top them with a fried egg.

Simplify: Roasted Brussels sprouts are delicious on their own, with just a bit of oil and a pinch of salt.

Enhance: Toss with a cup of toasted walnuts and ½ cup of dried cranberries after cooking. Alternatively, roast with balsamic vinegar, in addition to your maple syrup, for additional flavor.

Reheating: The best way to reheat is in the oven at 350 degrees Fahrenheit for 10 minutes.