

Maple & Balsamic Roasted Brussel Sprouts

Ingredients:

Vegetables:

- 2 lbs. Brussels sprouts
- 1 red onion, sliced
- ½ cup coarsely chopped hazelnuts (or other type of nut)
- ½ cup dried cranberries

Vinaigrette:

- 2 Tbsp. extra-virgin olive oil (or other plant oil)
- 1 Tbsp. pure maple syrup (or honey)
- 1 Tbsp. balsamic vinegar
- 1 garlic clove, minced
- 1 tsp smoked paprika (optional)
- Salt and pepper (as desired)
- 3 sprigs fresh rosemary, chopped coarsely (or 1 tsp dried)

Steps:

1. Preheat oven to 375°F.
2. Trim ends of Brussels sprouts and slice them in half.
3. Toss together onions and Brussels sprouts and arrange evenly on a baking sheet.
4. To make vinaigrette: mix together, olive oil, maple syrup, vinegar, garlic, smoked paprika, salt and pepper (as desired), and rosemary.
5. Drizzle vinaigrette over vegetables and toss to distribute.
6. Place in top rack of oven and roast until gold brown, about 30-35 minutes. Remove from oven. Stir in cranberries and nuts and serve.

Yield: 8 servings

Per serving: Calories, 143; Total Fat: 8 g; Saturated Fat: 1 g; Total Carbohydrate: 16 g; Total Sugars: 5 g (Added, 0 g); Dietary Fiber: 6 g; Protein: 5 g; Sodium, 29 mg.

(lbs. = pounds; Tbsp. = tablespoon; tsp = teaspoon; g=gram(s); mg = milligrams)

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