



Roasted Brussels Sprouts with Maple Glaze

Makes about six ½ cup servings

Brussels sprouts are delicious when roasted with just some oil and salt and pepper, but maple syrup dresses them up quite a bit and make them a perfect addition to a holiday meal. The slight sweetness added by the maple syrup and nuts will also appeal to anyone who doesn't already love Brussels sprouts!

- 1 ½ pounds Brussels sprouts (about 4 cups)
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons maple syrup
- ½ cup toasted chopped walnuts, pecans or hazelnuts

Directions

Preheat oven to 350° F.

Wash Brussels sprouts and cut them in half. If there are some very small Brussels sprouts (as are sometimes found if you buy them still on the stalk) just leave them whole.

Toss the sprouts with the oil, salt and pepper. Spread them evenly out on a baking sheet pan lined with parchment paper or aluminum foil (these are used just to minimize clean up time.)

Bake on the middle rack of the oven for about 30 minutes, or until almost tender, but still crisp. Remove from oven and add the maple syrup. Toss sprouts with the syrup and place them back in the oven for 10-15 minutes, or until done to desired tenderness. Toss with toasted walnuts and serve.

Sprouts can be cooked a day ahead of time and re-heated before eating. Add nuts just before serving.



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please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER ½ CUP SERVING:

Calories	180
Total Fat	12 g
Saturated Fat	1.5 g
Total Carbohydrate	14 g
Fiber	5 g
Sodium	230 mg
Protein	4 g
Potassium	57 mg

Also a good source of
Vitamin C, Vitamin A, beta-
carotene and loads of healthy
phytochemicals

Cost per serving: \$1.23