

Roasted Brussels Sprouts

Ingredients

2 pounds Brussels sprouts, halved	3 Tbsp. balsamic vinegar, divided
4 cloves garlic, minced	1 Tbsp. honey
Fresh ground pepper to taste	1 Tbsp. extra virgin olive oil

Kitchen Classroom

Brussels sprout is a member of the cabbage family and looks like a mini cabbage.

Each sprout has only 8 calories, almost 1 gram of fiber and a whopping 27% of the daily recommendation for Vitamin C.

According to a 2011 study in the Journal of Food Science, brussels sprouts contain compounds called glucosinolates and isothiocyanates that can reduce risk of cancer.

To prepare for cooking, brussels sprouts can be trimmed at the stem and scored (cutting an 'x' in the bottom of the stem). Scoring helps the stem and leaves to cook evenly. For best results cook to tender/firm.

Instructions

1. Preheat oven to 400 degrees.
2. Lightly spray a baking sheet with non-stick spray.
3. In a small bowl, whisk together honey and 1 Tbsp. balsamic vinegar; set aside.
4. Place Brussels sprouts in a plastic bag or bowl with cover, add 2 Tbsp. balsamic vinegar, olive oil and garlic. Toss to coat.
5. Place Brussels sprouts on the prepared baking sheet and bake for 12-14 minutes or until tender.
6. Transfer to a serving bowl and drizzle the honey mixture over the sprouts.
7. Serve and enjoy.

Nutrition Information per serving

Serving Size: 6 servings

Calories: 110

Fat: 3 gm

Sodium: 40 mg

Fiber: 6 gm

Carbohydrates: 18 gm

Protein: 5 gm

