Roasted Brussels Sprouts

Ingredients
- 1 lb  Brussels sprouts, fresh, trimmed and halved
- 2 T  Olive Oil
- 1/2 tsp Salt & pepper
- 2 T  Balsamic Vinegar

Equipment Needed
- Knife and cutting board
- Mixing bowl
- Measuring spoons
- Oven pan & aluminum foil

Directions
- Preheat oven to 425F.
- Place halved brussels into bowl and add the olive oil, salt, and pepper. Mix until evenly coated.
- Place Brussels sprouts on pan with aluminum foil.
- Put Brussels sprouts in the oven for 20 minutes, or until crispy.
- Coat brussels sprouts in balsamic vinegar.

Helpful Tips
- Sprouts will cook more evenly if they are similar in size. Try quartering larger ones if they don't match the rest when halved.
- Adding the balsamic vinegar after cooking will keep them from getting soggy.

Nutrition Information Available Upon Request
www.nourishprogram.org
Brussels Sprouts Cranberry and Walnut Salad

**Ingredients**

- 1 lb  Brussels sprouts, fresh, trimmed and halved
- 1/2 C  Walnuts, chopped
- 1/2 C  Dried cranberries
- 1/2 C  Apple, fresh, grated
- 1/4 C  Parmesan, grated
- 1/4 C  Lemon juice
- 1/2 C  Olive oil
- 1 each  Garlic clove, chopped
- 3/4 tsp  Dijon mustard
- 3/4 tsp  Honey (optional)
- 1/4 tsp  Black pepper
- 1/2 tsp  Salt
- 1/4 tsp  Thyme, dried (optional)

**Equipment Needed**

- 1 Knife and cutting board (or food processor)
- 2 bowls (1 small, 1 large)
- Mixing utensils
- Measuring spoons and cups

**Directions**

- Chop (or use food processor) to shred Brussels sprouts.
- Mix together lemon juice, olive oil, garlic, mustard, pepper, salt, honey and thyme (optional). Add to shredded brussels.
- Add walnuts, cranberries, apple, and parmesan to Brussels sprouts and dressing mix.

**Nutrition Information Available Upon Request**

www.nourishprogram.org
Brussels Sprout Stir-Fry

Ingredients
- 3 T Vegetable oil
- 1 lb Brussels sprouts, fresh, trimmed and halved
- 2-3 Carrots, medium, sliced diagonally
- 2 Garlic cloves, minced
- 1 tsp Ginger, minced
- 1/3 cup Soy sauce
- 1.5 T Rice Vinegar
- 1 tsp Sesame Oil
- 2 tsp Cornstarch
- 1 T Honey (optional)

Equipment Needed
- Skillet with lid
- Wooden spoon
- 2 bowls
- Whisk

Directions
- Heat 1 T oil to medium-high and add brussels in batches, adding in another 1 T of oil as needed. Do not overcrowd. Allow them to cook until golden brown, stirring occasionally. Once browned, cover the pan and let cook for 3-4 minutes until tender. Set brussels aside.
- Add remaining 1 T oil to pan. Add carrots, ginger, and garlic, stirring occasionally until carrots are soft.
- As carrots cook, in a separate bowl, mix soy sauce, vinegar, sesame oil, cornstarch, and honey to make sauce.
- Add sauce and sprouts back to pan and cook until thickened.

Nutrition Information Available Upon Request
www.nourishprogram.org