

- SOUPS & SIDES -

ROASTED BRUSSELS SPROUTS



prep time
1 hour



portion for
4-6 people



serve
hot

The Ingredients:

1¼ LBS Brussels Sprouts, trimmed and halved
2 TBSP Canola Oil
3 TBSP Pomegranate Molasses
1 Pomegranate
½ CUP toasted Hazelnuts, coarsely chopped
1 TBSP Lime Zest, finely grated
1 TBSP Orange Zest, finely grated
Spice of Life
Ground Black Pepper

Cooking Steps:

1. Preheat oven to 375°F.
2. Put the brussels sprouts in a medium roasting pan; toss with the canola oil and season with Spice of Life and pepper. Roast until light golden brown and a knife inserted into the center meets no resistance, about 45 minutes.
3. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, lime and orange zests.
4. Toss and serve hot.

