



Roasted Apples & Brussels Sprouts

Directions:

1. Preheat oven to 400F.
2. On a baking sheet, toss sprouts, apples, and onions with olive oil, salt, and pepper.
3. Arrange in a single layer on the baking sheet. Roast in oven until starting to brown but still crisp, about 25-30 minutes.

Nutrition Facts: 76 cal, 2 g fat, 14 g carb, 4 g pro, 239 mg Na+, 5 g fiber

Ingredients:

1 pound brussels sprouts, halved
1 small apple, diced
1/2 red onion, julienned
1 Tablespoons olive oil
1/2 teaspoon kosher salt (optional, may use Mrs. DASH)
1/2 teaspoon fresh ground pepper

Yield: 4 servings

Time: 40 minutes

These are so good, even sprout haters will love them! Brussels Sprouts are a good source of fiber, vitamin K, folic acid, B vitamins, and potassium. Delicious and nutritious!