

Roasted Brussel Sprouts and Cranberries

Makes 4 servings

Roasting brussels sprouts brings out their nutty and sweet flavors, and fresh cranberries add a bright, tart taste. Have your child help by mixing the brussels sprouts with the oil and spices before baking and sprinkling on the nuts before serving.

Ingredients

- 1 pound brussels sprouts, cut in half through the stem
- 2 tablespoons olive oil
- 1 tablespoon balsamic or apple cider vinegar
- 1 tablespoon maple syrup or honey
- ¾ teaspoon salt
- ¼ teaspoon red pepper flakes or chile powder (optional)
- ¼ cup fresh cranberries, cut in half
- ¼ cup chopped pecans or almonds, toasted



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Directions

1. Heat the oven to 425 degrees F. In a large bowl, whisk together the olive oil, vinegar, honey or maple syrup, salt, and pepper or chile.
2. Add the brussels sprouts to the bowl and mix well. Spread the brussels sprouts into a single layer on a large baking sheet.
3. Bake the brussels sprouts for 15 minutes, then remove the pan from the oven. Add the cranberries to the pan and mix them with the brussels sprouts. Bake until the brussels sprouts are tender and dark brown in spots, another 10 minutes.
4. Remove the pan from the oven and let cool for 5 minutes. Sprinkle with the toasted nuts and serve warm.

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