



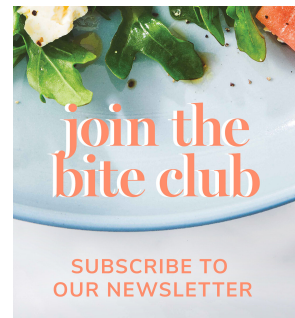
roasted brussels sprouts with maple dressing

In 1812, Thomas Jefferson introduced Brussels sprouts to the United States. Over 200 years later, we're still roasting these fiber-and-vitamin-rich sweet emerald gems until golden-crust. Tossed in a sweet and tangy maple mustard vinaigrette, these tender sprouts are going to have an entire nation jumping on the Brussels bandwagon.

SERVES: 4



julie albert & lisa gnat



ingredients

Brussels Sprouts

- 4 cups fresh Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Maple Dressing

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1/2 tsp Dijon mustard
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper

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directions

1. Preheat oven to 425°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. In a large bowl, gently toss Brussels sprouts with 2 tbsp olive oil, salt and pepper. Place on prepared baking sheet in a single layer. Roast 10 minutes, flip Brussels sprouts and continue to cook 10 minutes more, until tender and golden.
2. While Brussels sprouts are roasting, prepare maple dressing. In a small bowl, whisk olive oil, cider vinegar, maple syrup, Dijon, salt and pepper. Remove sprouts from oven and place in a large bowl. Gently toss with maple dressing until well coated.

“We kids feared many things in those days - werewolves, dentists, North Koreans, Sunday School - but they all paled in comparison with Brussels sprouts.”

— DAVE BARRY

