

Balsamic Roasted Brussels Sprouts

NUTRITIONAL INFORMATION

Serving Size: ½ cup • Calories: 100 • Fat: 3.7 g • Saturated Fat: 0.5 g • Carbs: 14.7 g • Fiber: 4.5 g • Protein: 4 g • Sugars: 6 g

INGREDIENTS

- 2 lb. brussels sprouts, halved
- 1 red onion, sliced
- 2 Tbsp olive oil
- 1 tsp. sea salt
- ½ tsp. black pepper
- ½ tsp. mustard seeds
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey
- 2 tsp. Dijon mustard

INSTRUCTIONS

1. Preheat oven to 425 degrees F and line a baking sheet with foil.
2. In a large bowl, toss together brussels sprouts, red onion, olive oil, salt, pepper and mustard seeds. Transfer to prepared baking sheet and spread out evenly.
3. Roast veggies for 25 to 30 minutes, stirring only once in between, until sprouts are tender and slightly browned.
4. In a small bowl, whisk together balsamic vinegar, honey and Dijon and drizzle over roasted veggies. Serve and enjoy!