Honey Roasted Brussels Sprouts
Makes 4 servings
These are not the soggy, over-cooked sprouts of your youth. They are slightly sweet and addicting. Brussels sprouts are from the cruciferous vegetable family and may help reduce risk of cancer.

Ingredients:
1 ½ pound Brussels sprouts, ends trimmed, and cut in half lengthwise
2 tablespoons olive or canola oil
¼ teaspoon salt
¼ teaspoon ground pepper
1 tablespoon Balsamic vinegar
2 teaspoons honey
1 clove garlic, minced (or ¼ teaspoon garlic powder)
1 teaspoon lemon zest (optional)

Directions:
1. Preheat oven to 425 degrees.
2. Place Brussels sprouts on a baking sheet. Drizzle with oil and toss to coat. Season with salt and pepper.
3. Roast for 20-25 minutes, turning after 10 minutes, until browned and tender.
4. Place in a serving bowl.
5. In a small bowl combine vinegar, honey, garlic, and lemon. Drizzle over Brussels sprouts. Toss to coat. Serve.

Recipe Notes: May use frozen and thawed Brussels sprouts in place of fresh.

Nutritional Information per serving:
Calories: 128
Total Fat: 7g
Saturated Fat: 1g
Protein: 3g
Cholesterol: 0mg
Carbohydrates: 11mg
Dietary Fiber: 4g
Sodium: 179mg