

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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	Cholesterol: 0mg
Total Fat: 7g	Carbohydrates: 11mg
Saturated Fat: 1g	Dietary Fiber: 4g
Protein: 3g	Sodium: 179mg