

Roasted Brussels Sprouts Agrodolce

This Sicilian sauce combines sour (agro) with sweet (dolce) flavors and makes the perfect topping for your favorite roasted or grilled vegetables.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	25 MIN

INGREDIENTS

1 lb	Brussels Sprouts, halved or quartered, depending on size
2 tsp	Olive Oil
¼ tsp	Kosher Salt
⅛ tsp	Black Pepper
½ cup	Red Wine Vinegar
2 Tbsp	Honey
2 Tbsp	Golden Raisins
2 cloves	Garlic, crushed
½ tsp	Crushed Red Pepper Flakes
1 Tbsp	Mint, fresh, chopped (about 2-3 leaves)
2 Tbsp	Pistachios, toasted and coarsely chopped

CHEF'S NOTES

Other vegetables to try with this quick to prepare sauce include roasted butternut squash, grilled eggplant or zucchini, and roasted broccoli or carrots.

The sauce can also be reduced to a thicker consistency and used as a condiment on sandwiches or with a cheese plate.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a sheet tray with parchment paper or foil.
2. Arrange the cut Brussels sprouts on the prepared sheet tray and drizzle with the olive oil, salt and pepper. Toss to coat then spread the Brussels sprouts in an even layer.
3. Bake until browned and tender with crisp edges, about 10-15 minutes. To check if the Brussels sprouts are tender, pierce them with a fork. They should offer minimal resistance when ready.
4. Meanwhile, combine the vinegar, honey, raisins, garlic and red pepper flakes in a small saucepan. Bring to a boil over high heat then reduce to a simmer. Cook, stirring occasionally, until reduced to ¼ cup, about 10 minutes. Remove the garlic.
5. Transfer the roasted Brussels sprouts to a serving platter and top with the agrodolce sauce. Garnish with the chopped mint and pistachios and serve immediately.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (113g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 6g Added Sugars 12%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.6mg 8%

Potassium 370mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

