

# Sweet & Spicy Brussels Sprouts

*This side dish brings a kick to a simple roasted vegetables – perfect for a quick weeknight dinner or a celebration meal with family and friends.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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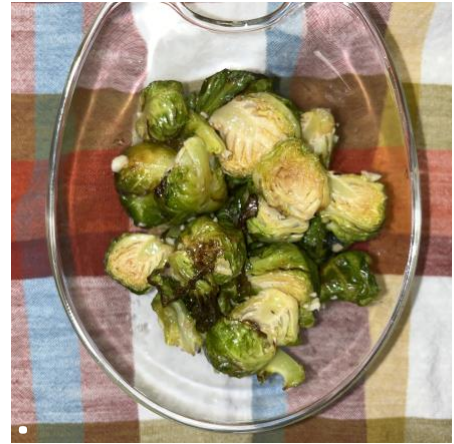
## INGREDIENTS

*For the Brussels Sprouts:*

- 1 lb Brussels Sprouts, cut in half through the root, any blemished outer leaves removed
- 2 Tbsp Olive Oil
- 1/4 tsp Kosher Salt

*For the Vinaigrette & Topping:*

- 1 Tbsp Rice Vinegar
- 2 tsp Honey
- 1 tsp Sriracha
- 1 tsp Soy Sauce
- 1/2 each Lime, juiced
- 2 Tbsp Peanuts, chopped



## CHEF'S NOTES

If you like more spice, you can add more Sriracha or a little cayenne pepper. Brussels sprouts are a great source of Vitamin C which helps with repair of all body tissues and immunity. Just one serving of this dish provides over 100% of your daily Vitamin C needs!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F. Line a baking sheet with parchment paper or foil.
2. Add the Brussels sprouts on the prepared baking sheet pan and drizzle the olive oil and salt over them. Toss to coat evenly ad
3. Bake until browned and crisp, about 25 minutes. Toss halfway through for even browning. Allow to cool slightly then transfer to a medium bowl and set aside.
4. Meanwhile in a small bowl, mix the rice vinegar, honey, siracha, soy sauce, and lime juice together with a whisk or fork.
5. Add the vinaigrette to the roasted Brussels sprouts and toss to combine. Top with the chopped peanuts just before serving.

# Nutrition Facts

4 servings per container

**Serving Size** 3/4 cup (140 g)

Amount per serving

**Calories** 150

% Daily Value \*

**Total Fat 10g** 12%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 180mg** 8%

**Total Carbohydrate 15g** 5%

Dietary Fiber 5g 17%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein 5g** 10%

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 9%

Potassium 500mg 10%

\*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.

