

Cooking Healthy Eating Well

Roasted Brussel Sprouts with Pomegranate and Hazelnuts



Ingredients:

1 1/4 pounds Brussels sprouts, trimmed and halved
2 tablespoons canola oil
Kosher salt and freshly ground pepper to taste
Seeds from 1 pomegranate
1/2 cup coarsely chopped toasted hazelnuts
Finely grated zest of 1 lime
1 Tablespoon of finely grated orange zest

Directions:

1. Preheat the oven to 375 degrees F.
2. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes.
3. Transfer the sprouts to a large bowl and add the pomegranate seeds, hazelnuts, and orange zest.

Nutritional Information:

Calories	275
Total Fat	17 grams
Saturated Fat	1 gram
Cholesterol	0 mg
Sodium	162 mg
Carbohydrate	35 grams
Fiber	9 grams
Protein	8 grams