

Pomegranate Roasted Brussels Sprouts

Recipe Adapted from: [BlueKaleRoad, Food 52](#)

Serves 4

Ingredients

- 1 lb (approximately 4 cups) Brussels sprouts
- 1 Tbsp extra virgin olive oil
- 1 Tbsp honey or maple syrup
- ½ Tbsp balsamic vinegar
- ¼ tsp salt, or to taste
- Seeds of 1 pomegranate (approximately ¾-1 cup)



Directions

1. Pre-heat oven to 375° F. Line a baking sheet with aluminum foil.
2. Cut Brussels sprouts in half and discard any discolored leaves.
3. Toss Brussels sprouts with olive oil and spread in a single layer, cut side down, onto foil-lined baking sheet.
4. Roast in oven for 20-30 minutes or until Brussels sprouts become tender and are deep golden brown on cut sides, with some visible crispy edges.
5. In a small bowl, whisk honey or maple syrup, balsamic vinegar and salt until combined.
6. Remove baking sheet from oven and drizzle vinegar mixture over Brussels sprouts. You can use a spatula to lift Brussels sprouts and gently toss to coat. Spread evenly again in a single layer, cut side down.
7. Return Brussels sprouts to oven and roast for another 5-7 minutes.
8. Remove from oven, toss Brussels sprouts with pomegranate seeds, and enjoy!

Nutrition Information per Serving: Calories: 130, Total Fat: 4.5 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Cholesterol: 0 mg, Carbs: 23 gm, Fiber: 6 gm, Protein: 5 gm, Sodium: 180 mg