

Recipe

ROASTED BALSAMIC BRUSSELS SPROUTS

THE GOODS

- 5 cups fresh Brussels sprouts (de-stemmed and halved)
- 4 TBSP olive oil
- 3 cloves garlic
- ½ cup balsamic vinegar
- 1 cup toasted pine nuts
- Dash Himalayan sea salt
- Dash Black pepper

THE METHOD

Preheat oven to 425. Toss the Brussels sprouts in olive oil, salt, and pepper. Gently fold in chopped garlic. Place into a roasting pan and roast for approximately 20-30 min (or to desired crispness) While the brussels are roasting, pour the balsamic vinegar in a small sauce pan over medium-high heat. Once balsamic vinegar comes to a boil, reduce heat and simmer on low for about 10 minutes or until it coats the back of a spoon. Place pine nuts into a (cast iron) skillet on medium high and shimmy until golden brown. Place Brussels into a serving dish. Top with balsamic glaze and toasted pine nuts and serve. Enjoy!

Boulder Nutrition