

# Holiday De-Stress Guide

## Roasted Brussels Sprouts with Chestnuts



**Vitamin C** is a powerful **antioxidant**. Vitamin C can help decrease levels of **stress hormones** (i.e., cortisol) and strengthen the **immune system**. It is important to include plenty of vitamin C containing foods in your daily diet, especially during the holidays.

### Ingredients

- Olive oil cooking spray
- 2 lb brussels sprouts, trimmed and halved (lengthwise)
- 2 tbsp extra-virgin olive oil
- 2 tsp apple cider vinegar
- ¾ tsp sea salt
- Fresh ground black pepper, to task
- 1 cup jarred or vacuum-packed roasted chestnuts, chopped



### Instructions

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Add brussels sprouts, vinegar, salt, and pepper
3. Toss well to coat, spread evenly on sheet.
4. Bake for 20 min., stirring once.
5. Remove from oven, add chestnuts and toss to distribute evenly.
6. Return to oven, bake until brussels sprouts are tender and golden brown (5-10 min.)

### Nutritional Information (3/4 cup serving):

|                      |     |                      |      |
|----------------------|-----|----------------------|------|
| <b>Calories</b>      | 125 | <b>Sodium</b>        | 20mg |
| <b>Total fat</b>     | 4 g | <b>Carbohydrates</b> | 20 g |
| <b>Saturated fat</b> | 1 g | <b>Protein</b>       | 4 g  |

One serving of this side provides **168%** of your recommended daily need of Vitamin C

**Resource:** [www.cleaneating.com](http://www.cleaneating.com)

