



Roasted Brussel Sprouts

With Pomegranate & Hazelnuts

The perfect blend of savory and sweet, no one will pass on the Brussel sprouts this year!

Makes 4 to 6 Servings

Ingredients

- 1 ¼ pounds Brussel sprouts, trimmed and halved
- 2 tbsp canola oil
- 3 tbsp pomegranate molasses
- Salt and ground pepper, to taste
- Seeds from 1 pomegranate
- ½ cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tbsp finely grated orange zest

Steps

1. Preheat oven to 375° F.
2. Add the Brussel sprouts to a medium-sized roasting pan. Toss with 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 Brussel sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt, as needed.

Nutrition Information

295 Calories | 35g Carbohydrates | 17g Fat | 1g Saturated Fat | 9g Fibre | 8g Protein | 162mg Sodium | 18g Sugar

Source: www.foodnetwork.com