

Oven Roasted Brussels Sprouts with Toasted Pecans and Dried Apricots

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

Makes four 5-ounce servings

1 pound fresh brussels sprouts, cleaned trimmed and halved

1 tablespoon olive oil

1/2 tablespoon garlic powder

1 teaspoon rice wine vinegar

2 teaspoons dried rosemary

1 teaspoon Kosher salt

Freshly ground black pepper, to taste

1/4 cup pecans; lightly toasted and coarsely chopped

1/4 cup dried apricots; coarsely chopped

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Directions:

1. Preheat oven to 375 degrees.
2. Place Brussels sprouts in a large bowl.
3. In a small bowl combine oil, garlic, vinegar, rosemary, salt and pepper. Whisk thoroughly.
4. Add mixture to Brussels sprouts and toss gently.
5. Place in an even layer on baking sheet(s).
6. Bake about 15 minutes until crisp/tender; shaking pan halfway through.
7. Remove from oven and stir in pecans and cranberries.

NUTRITION INFORMATION: 160 calories; 90 calories from fat; 4g protein; 19g carbs; 9g sugar; 9g total fat; 1g saturated fat; 0mg cholesterol; 5g dietary fiber; 780 mg sodium; 6% Daily Values calcium; 15% Daily Values iron.