

Festive Roasted Brussels Sprouts

This beautiful and colorful holiday side dish will wow your taste buds while your body celebrates the powerful anti-inflammatory pomegranate seeds and high fiber Brussels sprouts.



INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ½ cup crumbled goat cheese
- ¼ cup pomegranate seeds

DIRECTIONS

STEP 1

Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet.

STEP 2

Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

NUTRITION FACTS

Serving Size: ¾ cup

Per Serving: 117 calories, total carbohydrate 14g, dietary fiber 5g, total sugars 5g, protein 6g, total fat 6g, saturated fat 2g, cholesterol 4mg



Wisconsin Athletic Club

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