

# KIMCHI BRUSSELS SPROUTS

This healthy side doubles the gut health with probiotics from the kimchi and plenty of prebiotic fiber in the Brussels sprouts.

## INGREDIENTS

- 2 pounds Brussels sprouts, trimmed and halved lengthwise
- 2 tablespoons toasted sesame oil, divided
- ⅛ teaspoon salt
- ½ cup undrained napa cabbage kimchi
- 3 tablespoons water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon rice vinegar
- 1 teaspoon fish sauce (*optional*)
- ½ teaspoon grated fresh ginger
- ¼ cup thinly sliced scallions
- 2 teaspoons sesame seeds

## DIRECTIONS

### STEP 1

Preheat oven to 400°F. Line 2 large rimmed baking sheets with parchment paper. Combine Brussels sprouts, 1 tbsp sesame oil and salt in a large bowl; toss until evenly coated.

Divide between the prepared pans, spreading in a single layer. Roast until tender and deeply browned, 20 to 25 minutes or until desired crispiness.

### STEP 2

Meanwhile, combine kimchi, water, olive oil and remaining sesame oil, fish sauce, and ginger in a blender; process until smooth, about 30 seconds.

### STEP 3

Transfer the Brussels sprouts and ½ cup of the vinaigrette to the large bowl; toss until evenly coated. Drizzle with the remaining vinaigrette; top with ¼ cup scallions and 2 teaspoons sesame seeds.

## NUTRITION FACTS

Serving Size: 1 cup | Total servings: 4

Per Serving: 209 calories, total carbohydrate 17g, dietary fiber 7g, total sugars 4g, protein 7g, total fat 15g, saturated fat 2g, cholesterol 0mg



**Wisconsin Athletic Club**

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