

Maple Mustard Brussels Sprouts

Yield: 4 servings

Ingredients

- 4 cups trimmed and halved Brussels sprouts
- 1 tablespoon extra virgin olive oil
- ½ teaspoon red pepper flakes (optional)
- 2 tablespoons Dijon mustard
- 2 tablespoons maple syrup

Instructions

1. Heat oven to 450 degrees. Line a baking sheet with parchment paper.
2. In a large bowl combine Brussels sprouts, olive oil, and red pepper flakes. Spread out on a parchment lined baking sheet and roast in oven about 20 minutes until they are golden brown and tender.
3. In a large bowl combine mustard and maple syrup. Add cooked Brussels sprouts and toss in mustard mixture.

Nutrition Information

Serving Size: ¼ of recipe
Calories: 93
Total Fat: 3.6 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 2.4 g
Polyunsaturated Fat: 0.4 g
Sodium: 195 mg
Total Carbohydrate: 14 g
Dietary Fiber: 3.3 g
Sugars: 7.8 g
Protein: 3 g

Source: Adapted from Jessica in the Kitchen



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X25957 © Spectrum Health 09.2021



**Spectrum
Health**