



Skinny Sprouts with Dried Cranberries & Hazelnuts

Prep: 20 minutes

Roast: 20 minutes • Serves: 8

- 2 pounds Brussels sprouts, trimmed and cut in half
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1 package (2.25 ounces) chopped hazelnuts (about ½ cup)
- ½ cup sweetened dried cranberries

1. Position 2 oven racks to upper and lower positions; preheat oven to 450°. Heat large covered saucepot of water to boiling over high heat. Add sprouts and return to boiling; cook 3 minutes. Drain well.

2. In large bowl, whisk together oil and salt; add sprouts and toss until well coated. Transfer sprouts to 2 rimmed baking pans in single layer. Roast 15 to 17 minutes or until sprouts are golden brown on bottom, rotating pans between upper and lower racks halfway through baking; remove from oven.

3. Evenly sprinkle sprouts with hazelnuts and cranberries; stir to combine. Roast 5 to 7 minutes longer or until sprouts are evenly browned and crisp, and nuts are golden brown. Serve immediately.

Approximate nutritional values per serving:

151 Calories, 8g Fat (1g Saturated), 0mg Cholesterol, 319mg Sodium, 18g Carbohydrates, 6g Fiber, 5g Protein

Chef Tip

Sprouts can be prepared as directed in step 1, covered and refrigerated up to 2 days in advance. Let sprouts stand at room temperature 30 minutes before preheating oven and continuing with step 2.

Dietitian's Dish

> For the freshest Brussels sprouts, buy them on the stalk whenever possible and only remove the amount you need, storing the rest on the stalk in the refrigerator