

Orange Roasted Brussels Sprouts

Yield: 6 servings

Ingredients:

1 1/2 pounds Brussels sprouts, rinsed

Juice of 1 large orange

2 teaspoons orange zest

1 tablespoon olive oil

1 teaspoon honey

freshly ground black pepper, to taste

1/2 cup dried cranberries (with no sugar added; if cannot find try subbing in another dried fruit with no sugar added, such as raisins, or add fresh in-season fruit like apple slices)

Directions:

1. Preheat oven to 400 degrees F.
2. Cut off the brown ends of the brussels sprouts and remove any discolored leaves. Cut the sprouts in half if they are large sprouts. If you have small sprouts you can leave them whole.
3. In a large bowl, whisk together fresh orange juice, orange zest, olive oil, and honey. Add the brussels sprouts to the bowl and toss until they are well coated. Pour them on a large baking pan and season with salt and black pepper. Roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
4. Put the brussels sprouts in a large bowl and add the dried cranberries. Stir and serve immediately.

