



**Eat Right
Be Fit
Live Well**

Roasted Brussels Sprouts, Onions and Apples

Serves: 3-4

INGREDIENTS:

1 pound Brussels sprouts, ends trimmed and outer leaves removed
1 medium sweet onion, peeled and cubed
1 large apple (2 small), cored and cubed
1 Tablespoon olive oil
1-2 tsp. maple syrup
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut the Brussels sprouts in half.
3. Toss the Brussels sprouts, onions and apples together in a bowl.
4. Mix the olive oil, maple syrup, salt and pepper together and drizzle over Brussels sprouts mixture. Stir until well coated and place on a greased baking sheet or in a baking dish. (To grease pan use olive oil spray)
5. Bake for 25-30 minutes, stirring a few times while baking, until apples are tender, onions soft and Brussels sprouts begin to caramelize.

Season with S&P if desired

6. Serve immediately and enjoy!

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