

Roasted Brussels Sprouts with Cranberries and Apple

Adapted by Roberta Duyff, MS, RD, FAND



Photo credit: Rebecca Clyde, MS, RDN, CD

Ingredients

- 1 pound Brussels sprouts, trimmed and quartered
- 1 medium apple, cored and diced
- ½ cup dried cranberries
- ½ cup 100% apple or orange juice
- 2 teaspoons canola oil
- 1 teaspoon minced fresh tarragon
- ¼ teaspoon salt, or to taste
- ⅛ teaspoon freshly-ground black pepper
- ¼ cup chopped toasted pecans or walnuts

Directions

Before you begin: Wash your hands.

1. Preheat oven to 375°F (190°C).
2. Combine Brussels sprouts, apple and cranberries in a large bowl. Set aside.
3. Blend apple or orange juice, oil, tarragon, salt and pepper in a small bowl; add to Brussels sprouts mixture; toss until well coated.
4. Arrange the Brussels sprouts mixture in a 9-by-9-inch baking dish. Bake for 25 to 30 minutes until the Brussels sprouts are fork tender.
5. To serve, top with toasted nuts.