Roasted Brussels Sprouts With Apples

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

This dish showcases the flavors of autumn with Brussels sprouts, apples, maple syrup, and thyme!

About the Recipe

106 Calories · 4.9 g Protein · 5 g Fiber
Side Dish

Brussels sprouts and other cruciferous vegetables are packed with phytochemicals that may help reduce the risk of certain types of cancer.

Ingredients

Makes 6 Servings

- 2 pounds (907 g) Brussels sprouts, washed, ends trimmed
- 1 Gala apple, diced
- 1/4 c (25 g) walnuts, toasted
- 1 tsp (5 mL) whole-grain mustard
- 2 tbsp (30 mL) lemon juice, freshly squeezed
- 1/8 c (30 mL) unsweetened applesauce
- 2/3 tbsp (10 mL) maple syrup
- 1 tsp (5 mL) fresh thyme, chopped
- Iodized salt **optional*
- Ground black pepper **optional*

Directions

1. Preheat oven to 425 F (246 C). Line a sheet tray with parchment paper. Cut Brussels sprouts in half and season with salt and pepper, if desired. Place cut-side down on the parchment sheet. Bake for 15-20 minutes or until the Brussels sprouts are tender and golden brown.
2. While the Brussels sprouts are cooking, combine the mustard, lemon juice, applesauce, maple syrup, and thyme in a small bowl to make the dressing. Whisk to combine. Season with salt and pepper to taste.
3. Remove the Brussels sprouts from the oven and let cool slightly. In a large bowl, combine the Brussels sprouts, walnuts, and diced apples and toss them with the dressing. Serve warm.

Nutrition Facts

Per serving

Calories: 106
Fat: 4 g
    Saturated Fat: 0.47 g
    Calories From Fat: 31.9%
Cholesterol: 0 mg
Protein: 4.9 g
Carbohydrate: 16.4 g
Sugar: 6.3 g
Fiber: 5 g
Sodium: 44 mg
Calcium: 67 mg
Iron: 2.1 mg
Vitamin C: 102.3 mg
Beta-Carotene: 755 mcg
Vitamin E: 0.78 mg