

Roasted Brussels Sprouts

with Cranberries and Pecans



Licking Memorial Hospital | Culinary Services

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Ingredients

- 1 1/2 pounds Brussels sprouts
- 2 Tbs extra-virgin olive oil
- 1/3 cup dried cranberries
- 1/3 cup pecans (roughly chopped)
- Salt and pepper (to taste)

Directions

Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper. Trim the nubby ends and remove any discolored or damaged leaves from Brussels sprouts. Cut each sprout in half lengthwise from the flat base through the top. Toss sprouts with olive oil, salt and pepper. Arrange the sprouts in an even layer with their flat sides facing down. Roast the sprouts until they are tender and deeply golden on the edges, tossing halfway, about 20 to 25 minutes. When the sprouts nearly are done (about 3 to 5 minutes to go), add the pecans to the pan and return to oven. Meanwhile, place the cranberries in a small bowl and cover with warm water. Transfer the roasted Brussels sprouts and toasted pecans to a serving platter or bowl. Drain the cranberries and sprinkle on top. Season with salt and pepper to taste.