Roasted Brussels sprouts and Shallots with Balsamic Vinegar

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients:

3 pounds Brussels sprouts, bottoms trimmed, outer leaves removed, split in half
8 medium shallots, sliced thinly
¼ cup extra virgin olive oil
Kosher salt and freshly ground black pepper
2 tablespoons balsamic vinegar

Method of preparation:

1. Adjust oven racks to upper and lower middle positions and place a heavy rimmed baking sheet on each.
2. Preheat oven to 500 degrees.
3. Add sprouts, shallots, olive oil and salt and pepper to taste into a large bowl and toss to combine.
4. When oven is hot, working quickly, remove the baking sheets with a dish towel or oven mitt.
5. Divide the sprout mixture evenly between both trays, shaking to distribute into a single even layer.
6. Return pans to oven.
7. Roast until the Brussels sprouts are deeply charred and fully tender, about 20 minutes total, tossing sprouts and rotating and swapping pans top to bottom half way through cooking.
8. Immediately after removing from oven, drizzle sprouts with balsamic vinegar and shake to coat.
9. Season to taste with more salt and pepper if desired and serve.

Nutritional analysis *(per serving):*

Calories:	144	Carbohydrates:	21 g	Folate:	0 mcg
Total Fat:	5 g	Fiber:	9 g	Calcium:	0 mg
Saturated Fat:	1 g	Cholesterol:	0 mg	Iron:	0 mg
Protein:	8 g	Vitamin B-12:	0 mcg	Sodium:	217 mg

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