



Maple-Roasted Brussels Sprouts with Toasted Hazelnuts

Recipe courtesy of Chloe Coscarelli, Chloe's Kitchen

Serves 6

Forget all your notions of what Brussels sprouts taste like. These little gems are roasted at a high heat to bring out the natural sugars and caramelize the outer leaves. They are tossed with toasty hazelnuts and a splash of maple syrup to turn them from ordinary to extraordinary. These cancer-fighting cruciferous Brussel sprouts are packed with vitamin C, potassium, and fiber, but they taste just like candy!

Make-Ahead Tip

Brussels sprouts can be roasted a day in advance and kept refrigerated. Reheat before serving by roasting at 375°F until heated through.

1 1/2 pounds Brussels sprouts, rinsed and dried
1/4 cup olive oil
3/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 tablespoons maple syrup
1/2 cup coarsely chopped hazelnuts, toasted

Heat the oven to 375°F.

To prepare the Brussels sprouts, remove any yellow or brown outer leaves, cut off the stems, and cut in half. In a large bowl, toss the Brussels sprouts, oil, salt, and pepper together. Once all of the Brussels sprouts are coated in oil, arrange them in a 9 x 13-inch pan.

Roast for 15 minutes. Stir the Brussels sprouts around with a spatula or large spoon to even out the browning; continue to roast for another 30 minutes. Stir the Brussels sprouts again and drizzle the maple syrup over the top. Roast the Brussels sprouts for about 15 minutes more, or until they are fork tender, about 45 minutes total roasting time.

Toss the roasted Brussels sprouts with the toasted hazelnuts and serve.