

○ **Roasted Brussels Sprouts**

- 1 pound Brussels sprouts, trimmed and halved
- tablespoons extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

Preheat oven to 400°F. Toss Brussels sprouts with oil, salt and pepper on a rimmed baking sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 30 to 35 minutes. The leaves that are loose will be especially brown and crispy. Transfer to a bowl and serve.

Variations:

Rosemary Parmesan Brussels Sprouts-Add 1 tablespoon chopped fresh rosemary to Brussels sprouts before roasting. During the last 5 minutes of roasting, add 1/4 cup pine nuts. Stir well and continue roasting until Brussels sprouts are tender. Before serving, toss with 1/4 cup shredded parmesan cheese.

Cranberry Pecan Brussels Sprouts-During the last 5 minutes of roasting, add 1 cup dried cranberries and 1/4 cup pecan pieces. Stir well and continue roasting until Brussels sprouts are tender.

Brussels Sprouts and Kale Salad-After roasting, allow Brussels sprouts to cool to room temperature. Toss with 4 cups baby kale mix, 1/4 cup crumbled goat cheese and 1/4 cup balsamic vinaigrette.

Bacon and Balsamic-Toss in 4 slices of bacon, diced small, in with the sprouts to roast. When bacon is crisp and sprouts are cooked through, remove from oven and drizzle with balsamic vinegar.

Fried Brussels Sprouts with

Honey & Sriracha

- 1 pound Brussels sprouts
- 1 tablespoon sriracha (or to taste)
- 3 tablespoons honey
- Juice of 1 large lime
- Salt
- Vegetable oil for frying

- Trim the stem end of the sprouts and gently separate the leaves with your fingers, collecting them in a large bowl. When you reach the heart of the sprout (where it's tough to pry off the remaining leaves), add the heart to the bowl with the leaves.
- In a small bowl, whisk together the sriracha, honey and lime juice. Taste and add more sriracha or honey if you like. Set aside.
- Set about 2 inches of oil in a large, heavy pot over medium heat. Heat until a Brussels sprout leaf begins to sizzle and crisp as soon as you add it to the oil. Fry the sprouts in batches, using a screen to protect you from sputtering oil and keeping your face away from the pot as the sprouts cook. Remove the sprouts with a slotted spoon after 30 seconds to a minute, when crisp and brown. Drain them on a double layer of paper towels while you fry the rest of the sprouts.
- Once all the sprouts are fried, transfer them to a large bowl and sprinkle them generously with salt. Toss gently to combine. Working quickly, drizzle some of the sauce over the sprouts and toss again to coat lightly.

Crispy Brussels Sprout Chips

- 1 pound Brussels sprouts, leaves separated
- 1 tablespoon olive oil
- 1 tablespoon grated lemon zest
- 1/4 cup walnuts, chopped
- Salt and pepper
- 1/4 cup grated Pecorino Romano (1 ounce)

Preheat oven to 375 degrees. On a rimmed baking sheet, toss Brussels sprout leaves with oil, zest, and walnuts. Season with salt and pepper. Roast until leaves are crisp and golden around edges, 10 to 12 minutes. Sprinkle with Pecorino and serve with lemon wedges.

Roasted Brussels Sprouts and Squash with Cranberries and Dijon Vinaigrette

- 1 lb. butternut squash, peeled and cut into 3/4-inch chunks
 - 1 lb. Brussels Sprouts, stems trimmed and sliced lengthwise in half
 - 2 tablespoons extra virgin olive oil + 1 teaspoon
 - 1/2 teaspoon kosher sea salt
 - freshly ground black pepper
 - 1/4 cup dried unsweetened (or sweetened) cranberries
- Dijon Vinaigrette:*
- 2 teaspoons Dijon mustard
 - 1 tablespoon rice wine vinegar
 - 2 tablespoons extra virgin olive oil
 - two pinches of salt
 - freshly ground black pepper

1. Preheat the oven to 450 degrees Fahrenheit. Put butternut squash and Brussels sprouts on a baking sheet. Drizzle with 2 tablespoons of olive oil, and toss to distribute oil.
2. Sprinkle with kosher salt and pepper, and toss them again. Spread the vegetables out evenly onto the baking sheet. Roast the vegetables at 450 degrees for 20 to 30 minutes, tossing them gently 1 to 2 times during the roasting time to ensure that they caramelize evenly on all sides. Scatter the dried cranberries onto baking sheet in the last five minutes of roasting time. Place the baking pan on a rack, toss the vegetables with the remaining teaspoon of olive oil, and allow them to cool slightly while you prepare the Dijon vinaigrette.
3. Whisk together the Dijon mustard and rice wine vinegar. Slowly pour in the olive oil, whisking continuously. Season with salt and pepper to taste.
4. Toss veggies in vinaigrette. Serve warm, lukewarm, or cold.

Garlic White Cheddar Brussels Sprout Dip

- 1/2 pound Brussels sprouts
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 slices thick cut bacon, diced into 1 inch
- 1/4 cup sliced shallots
- 2 cups shredded Garlic White Cheddar
- 1/2 cup Sour Cream
- 1/4 cup mayonnaise

Preheat oven to 425 degrees.

Combine the Brussels sprouts, olive oil, kosher salt and pepper together in a bowl. Toss to combine.

Roast in preheated oven for 15 minutes or until they start to brown. Remove from oven and allow to set until cool enough to handle. Reduce oven temperature to 400 degrees.

While Brussels sprouts are cooking, cook bacon until browned and cooked through. Use a slotted spoon to transfer to a paper towel lined plate.

Once the Brussels sprouts are cool enough to handle, roughly chop them.

Combine Brussels sprouts, cooked bacon and remaining ingredients together in a bowl. Mix well. Place dip in a small baking dish and cook 15 - 20 minutes or until the dip is browned and bubbly.

Serve immediately with sliced bread.