Dinner

# Balsamic Roasted Brussels Sprouts with Cranberries

Tender roasted Brussels sprouts tossed with olive oil, balsamic vinegar, sweet dried cranberries and a pinch of black pepper. A warm, colourful side that comes together on a single baking sheet.

| 35 min | 90 | 12 g | 6 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegetarian | Gluten free | Nut free

## Ingredients, 7 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1 lbs fresh Brussels sprouts (trimmed and cut in half)
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp balsamic vinegar
- [ ] 1/3 cup cranberries (dried)
- [ ] 1/4 tsp black pepper

## Method

- [ ] **1** Preheat the oven to 400 degrees F and spray a baking sheet with nonstick cooking spray.
- [ ] **2** In a medium bowl, combine the Brussels sprouts, olive oil, balsamic vinegar, dried cranberries and black pepper, and mix well.
- [ ] **3** Pour the coated Brussels sprouts onto the prepared baking sheet.
- [ ] **4** Bake for 25-30 minutes, tossing the sprouts once during baking.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **90** |
| **Total fat** | 4.5 g |
| Saturated fat | 0.5 g |
| **Sodium** | 15 mg |
| **Total carbs** | 12 g |
| Fiber | 3 g |
| Total sugars | 6 g |
| **Protein** | 2 g |

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