Dinner

Golden Roasted Shallots and Brussels Sprouts

Sweet shallots turn meltingly tender in the oven while the brussels sprouts roast until browned at the edges. A scatter of pine nuts and a hit of lemon zest brighten the finished bowl.



Vegan | Gluten free | Dairy free

85 min	160	25 g	9 g
time	calories	carbs	sugars

Ingredients, 9 servings

- [ ] 2 lbs shallots (halved and peeled)
- [ ] 2 tbsp olive oil (divided)
- [ ] 1/2 tsp chili powder
- [ ] 1/2 tsp salt (divided)
- [ ] 2 lbs brussels sprouts (washed, trimmed, and halved)
- [ ] 1/4 tsp black pepper
- [ ] 1/4 cup pine nuts
- [ ] 1 sheet parchment paper
- [ ] 2 tsp lemon zest

Method

- [ ] **1** Set the oven to 400°F and get the shallots arranged in a shallow baking dish.
- [ ] **2** Pour 1 tbsp of the olive oil over the shallots, then work the chili powder and half of the salt through them so every piece is seasoned.
- [ ] **3** Foil goes over the dish, and the shallots roast that way for 40 minutes. Once they are tender, pull the foil off and let them bake another 5 to 6 minutes.
- [ ] **4** While the shallots are in the oven, drop the brussels sprouts into a mixing bowl, add the black pepper along with the olive oil and salt that are left, and give everything a good toss.
- [ ] **5** Line a baking sheet with parchment paper, lay the brussels sprouts out flat on it, and slide them into the same 400°F oven for 30 minutes so they come out tender.
- [ ] **6** For serving, pile the shallots and brussels sprouts together in a bowl, scatter the pine nuts on top, and sprinkle the lemon zest over the finished dish.

Nutrition Facts

Per serving

Calories	**160**
Total fat	6 g
Saturated fat	0.5 g
Sodium	170 mg
Total carbs	25 g
Fiber	7 g
Total sugars	9 g
Protein	5 g

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