

Roasted Brussel Sprouts with Walnuts and Cranberries



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I ran this morning, and the whole time I was running I was thinking about brussel sprouts! I had a little over a pound in my refrigerator, and I knew when I got home, that they were going to be my early lunch. Here is how I fixed them.

Ingredients:

1 1/4 pound fresh brussel sprouts

1/4 teaspoon sea salt

8 turns of ground pepper

4 tablespoons olive oil

cooking spray

1/4 cup dried cranberries.

1/3 cup walnuts

Directions:

Pre-heat the oven to 400 degrees. Wash brussel sprouts and pat dry. Remove the yellow outer leaves and cut off the ends.



cut brussel sprouts in 1/2.

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Place the brussel sprouts in a bowl.



place into a bowl

Add to the brussel sprouts, the olive oil, salt and pepper.

Place the brussel sprouts on a cookie sheet cut-side down.



place face down on a cookie sheet

Bake in the oven for 20 minutes. Remove from the oven and turn the brussel sprouts over to the other side. Spray the baking sheet with the cooking spray so the cranberries and nuts don't stick. Add the nuts and cranberries to the baking sheet with the brussel sprouts.



brussel sprouts, walnuts, cranberries

Return to the oven and cook 10 minutes more so the nuts can toast and the cranberries can soften and get warm.

Remove from the oven and serve immediately.