

Roasted Brussels Sprouts with Apple and Cranberries



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Ingredients:

- 1-pound Brussels sprouts, trimmed and quartered
- 1 medium sweet apple (for example, gala or Fuji), cored and diced
- 1/2 cup dried cranberries
- 1/2 cup 100% apple or orange juice
- 2 teaspoons canola oil
- 1 teaspoon minced fresh tarragon
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup chopped toasted pecans*

Directions:

1. Preheat oven to 375°F.
2. Combine Brussels sprouts, apples and cranberries in a large bowl. Set aside.
3. Blend apple or orange juice, oil, tarragon, salt and pepper in a small bowl;
4. add Brussels sprouts mixture; toss until well coated.
5. Arrange the Brussels sprouts mixture in a 9-by-9-inch baking dish. Bake for
6. 25-30 minutes until the Brussels sprouts are fork tender.
7. To serve, top with toasted pecans.

*Cooking Note: Toast the pecans in a small, heavy dry skillet over medium heat, shaking the skillet frequently for one to two minutes, until golden, to release the flavorful oils.