



ROASTED BRUSSELS SPROUTS WITH BALSAMIC AND THYME

By Dr. Cindy Tazar
(Standard/Vegan)

These roasted Brussels sprouts have an amazing caramelized flavor. The balsamic vinegar and fresh thyme provide a fresh, earthy flavor that will make an ordinary side dish spectacular! They are very easy to make, but present beautifully - looking like you spent a lot of time in preparation. Don't leave out the toasted almonds for added texture and flavor.

Makes 8 servings. One serving equals one cup of cooked vegetable and covers your vegetable and 1/2 fat for one meal.



INGREDIENTS

8 cups Brussels sprouts, ends trimmed and halved
2 Tbsp. avocado oil
1 tsp. chopped fresh thyme (can be optional)
Pink Himalayan salt & freshly ground pepper, to taste
2 Tbsp. organic balsamic vinegar



2 Tbsp. extra virgin olive oil
1/4 cup toasted chopped or slivered almonds

INSTRUCTIONS

Preheat oven to 425°F.

In a large bowl toss trimmed Brussels sprouts with oil, thyme, salt and pepper. Spread them out in a single layer on a large baking sheet lined with parchment or baking stoneware. Roast for 25 minutes, stirring once.

Mix the balsamic vinegar and extra virgin olive oil until well-blended, then pour over the Brussels sprouts and gently mix.

Place in a serving bowl and top with toasted almonds.