

APRICOT GLAZED BRUSSELS SPROUTS

By Dr. Cindy Tanzar
(Maintenance)

These roasted Brussels sprouts are elevated with a sweet-tangy apricot glaze and a hint of mustard, making them a flavorful side dish perfect for holidays, maintenance, or special occasions. Add toasted almonds or pepitas for a festive crunch.

Makes 3 servings.



INGREDIENTS

2 lbs fresh Brussels sprouts, trimmed and cut in half lengthwise

2-3 Tbsp avocado oil

Pink Himalayan salt and fresh ground pepper, to taste

Jam

1/4 cup Apricot Jam (all natural/no sugar added) or Genesis Peach Compote recipe



simmered until consistency of jam

3 Tbsp white wine vinegar (can use apple cider vinegar)

1 Tbsp whole-grain mustard

Pinch of red pepper flakes, optional

Toasted slivered almonds or pepitas, optional

**Since this is a holiday dish, you can use low/no-added sugar apricot or peach jam/preserves. The option in the recipe is available to provide a clean recipe.*

DIRECTIONS

Preheat oven to 425°F.

In a large bowl toss Brussels sprouts with avocado oil, salt and pepper. Spread out in a single layer on a large baking sheet lined with parchment. Roast for 25 minutes.

In a small bowl whisk together the jam, vinegar, mustard and red pepper flakes, if using.

Drizzle the jam mixture over the roasted Brussels sprouts and toss gently. You may not need to use it all, depending on how much trimming is done to the Brussels sprouts. Can add some toasted almonds or pepitas, if desired.