

RECIPE HUB

Roasted Brussels Sprouts With Pomegranate and Hazelnuts

Holiday Dishes

Source: www.foodnetwork.com/recipes/bobby-flay/roasted-brussels...



SERVES:
4-6



PREP TIME:
20 MINS



COOKING TIME:
45 MINS



CALORIES:
295 CAL

INSTRUCTIONS

1. Pre-heat oven to 375 °F.
2. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper.
3. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes.
4. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

Brussel sprouts are a fantastic source of protein, dietary fiber, vitamins, minerals, and antioxidants.

INGREDIENTS

- 1 1/4 pounds brussel sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- 1 pomegranates seeds
- 1/2 cup coarsely chopped toasted hazelnuts
- 1 lime worth of finely grated zest

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