

## Cranberry Brussels Sprouts

Servings: 4

Source: [www.foodwithfeeling.com](http://www.foodwithfeeling.com)



### Ingredients:

- 1 lb brussels sprouts, ends trimmed and cut in half
- 2 tablespoons olive oil
- 2/3 cup fresh cranberries
- ½ cup chopped pecans
- Salt and pepper to taste
- Optional: drizzle of balsamic vinegar

### Instructions

1. Preheat oven to 400 degrees F
2. Toss the sprouts in olive oil, salt, pepper and roast in the oven for 10 minutes
3. Mix in the cranberries and pecans and roast for an additional 5-8 minutes or until the cranberries are beginning to burst and are tender.
4. Serve with an optional drizzle of balsamic vinegar.

**Nutrition Information per Serving:** 211 calories, 17.2 g total fat, 5.2 g protein, 14 g carbohydrate, 610 mg sodium

### Substitutions:

1. Shred the brussels sprouts for a different fun texture
2. Add additional vegetables for additional fiber
3. Add sweet potato to make a well-balanced side dish

**If you are looking for modifications or other recipe ideas** Our Registered Dietitians can help you achieve your health goals. **FREE** appointments are available for GE employees, spouses, dependents age 16 and up, and for retirees.

**Call 513.853.8900 to schedule your appointment with our Registered Dietitians** at the GE Family Wellness Center or the GE Fitness Center either in-person, via Zoom, or a phone call.