

Roasted Brussels Sprouts with Pine Nuts and Dried Cherries

Prep Time

15 minutes

Cooking Time

30 minutes

Yields

2 servings

Ingredients

2 cups Brussels sprouts
¼ cup dried cherries
¼ cup pine nuts
2 tbsps olive oil
Sea salt, to taste
¼ cup grated Parmesan cheese (optional)

Directions

1. Preheat oven to 350°F.
2. Bring 3 cups water to a boil.
3. Trim ends and wash Brussels sprouts well.
4. Parboil for 7–9 minutes or until fork-tender.
5. Transfer to large mixing bowl.
6. Chop dried cherries into small pieces.
7. Toss Brussels sprouts with olive oil, dried cherries, pine nuts, and salt.
8. Transfer to baking sheet, ensuring the Brussels sprouts are in one layer, and roast for 15 minutes, or until golden-brown.
9. Sprinkle with Parmesan if desired and serve.

Credit

Used with permission from The Integrative Nutrition Cookbook, 2016