

# Roasted Brussels Sprouts with Pomegranate and Pecans

**Portions: 4**

**Ingredients:**

- 1 pound brussels sprouts
- 1 teaspoon olive oil
- 1 teaspoon honey
- 1/8 tsp sea salt
- 1/4 tsp turmeric
- 1/3 cup pecans
- 1/2 cup pomegranate arils
- 2 tsp lemon juice



\*SOY FREE

**Method:**

1. Preheat the oven to 450 f, or broil on low.
2. Cut the ends off the Brussels sprouts, and clean off any leaves that are wilting or eaten by bugs. Slice in half.
3. In a baking dish, add Brussels sprouts, then lightly coat with olive oil and honey, and season with sea salt and turmeric.
4. Bake on a rack near the top of the oven for the most crispy leaves. Bake for 12 minutes, until brussels sprouts are browning on the outside, but not overly cooked. They should maintain a bright green color. Add the pecans, and continue to bake on a lower rack in the oven for another 3-5 minutes, being careful not to burn the pecans. Alternatively, toast the pecans separately and add them in. This might be a good idea if you're preparing these for a holiday dinner while there's a lot going on in the kitchen to prevent forgetting about them!
5. Allow to cool for a few minutes, then toss with lemon juice, and sprinkle the pomegranate arils over the top.

**Nutrition Facts**

Serving Size 1/2 cup  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b>	150	<b>Calories from Fat</b>	80
<b>Total Fat</b>	9g		14%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	90mg		4%
<b>Total Carbohydrate</b>	17g		6%
Dietary Fiber	6g		24%
Sugars	7g		
<b>Protein</b>	5g		
Vitamin A	15%	Vitamin C	170%
Calcium	6%	Iron	15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4