



GINGER ROASTED BRUSSELS SPROUTS WITH KIMCHI

ingredients:

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| 1 1/2 pounds Brussels sprouts, trimmed and halved if large | 2 teaspoons honey |
| 2 shallots, thinly sliced | 1 Tablespoon rice wine vinegar |
| 2 1/2 teaspoons ginger, chopped | 1/8 teaspoon red pepper flakes, optional |
| 1/2 teaspoon black pepper | 1/4 cup chopped fresh mint leaves |
| 3 Tablespoons canola oil | |
| 1 cup drained cabbage kimchi, chopped | |

directions:

1. Move oven rack to upper position, place a foil-lined baking sheet on the rack, and preheat oven to 400° F.
2. While baking sheet is in the oven, prepare vegetables. In a large bowl, toss Brussels sprouts, shallots and ginger with oil and pepper.
3. Remove baking sheet from oven and distribute Brussels sprout mixture evenly on it. Return pan to oven and roast until sprouts are tender and brown, about 20 minutes, stirring sprouts halfway through.
4. Combine kimchi, honey, vinegar, and red pepper flakes in a large bowl.
5. Add sprouts to the honey mixture and toss to combine.
6. Top with chopped mint leaves and serve.

Yield: 6 servings

Nutrition Information Per Serving:

137 Calories
7 grams Fat
1 gram Saturated Fat
0 mg Cholesterol
190 mg Sodium
16 grams Carbohydrates
5 grams Sugar
5 grams Fiber
5 grams Protein

Food exchange:
3 vegetable, 1 1/2 fat



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