



Chef ETL's Roasted Brussels Sprouts with Red Cabbage and Pine Nuts

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 40 minutes



This recipe is a big hit. All flavors are incredible.

1/2 cup pine nuts

1 pound Brussels sprouts, quartered

1/4 cup + 2 Tbsp extra-virgin olive oil

1 dash salt

1 dash freshly ground black pepper

3 tablespoons fresh lemon juice

2 tablespoons honey

2 teaspoons Dijon mustard

1/8 teaspoon cayenne pepper

1/2 teaspoon chili powder

1/2 head red cabbage, very thinly sliced (6 cups)

1/2 cup dried cranberries

4 cloves garlic, thinly sliced

1 ounce Parmesan cheese, thinly shaved

If you're worried about pesticides on your produce, simplify your choices by eating more cabbage and Brussels sprouts, which have very little pesticide residue (even when not organic). Nicolas Jammet of the Sweetgreen chain in Washington, DC, unites them in this fantastic fruit-and-nut-studded salad.

MAKE AHEAD: You can make the entire dish ahead and then bake in the oven for 15 minutes to reheat.

WINE PAIRING SUGGESTION: Austrian Grüner Veltliner's snappy acidity makes it a great go-to wine for all kinds of salads.

Preheat the oven to 450°F.

Spread the pine nuts in a pie plate and toast for about 3 minutes, until golden brown.

In a large bowl, toss the cabbage with the toasted pine nuts, cranberries and Brussels sprouts. Mix in 1/4 cup of olive oil. Season with salt and pepper and toss to mix.

In a large deep-rimmed baking dish pour, cabbage/Brussels sprouts mixture. Roast for about 15 minutes (450°F), until the Brussels sprouts are lightly caramelized and tender.

Meanwhile, in a small bowl, whisk the lemon juice with the honey, mustard, cayenne and chile powder. Season with salt and pepper.

In a small skillet, heat 2 tablespoons olive oil. Add the garlic and cook over moderate heat until golden, about 1 minute.

Pour cabbage/Brussels sprouts mixture into a baking dish. Mix in liquids from small bowl. Mix in garlic.

Bake uncovered in a 350°F oven for 15 minutes.

Serve with shaved Parmesan cheese.

Per Serving (excluding unknown items): 197 Calories; 9g Fat (38.7% calories from fat); 6g Protein; 27g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 151mg Sodium; 18g Total Sugars; trace Vitamin D; 101mg Calcium; 2mg Iron; 416mg Potassium; 158mg Phosphorus. Exchanges: .

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