



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**
- 1/2 head red cabbage, very thinly sliced (6 cups)**
- 1/2 cup dried cranberries**
- 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**
- 4 cloves garlic, thinly sliced**
- 1 ounce Parmesan cheese, thinly shaved**

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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