

## Roasted Apples and Brussel Sprouts With Onion, Oregano, Honey and Apple Cider Vinegar

Serves 4

October 2014 by Camine Pappas

### INGREDIENTS:

6 C small Brussel sprouts rinsed and cut in half  
2 large Fuji apples cut into chunks the same size as the sprouts (don't peel)  
1/3 small white onion sliced into chunky, long pieces  
2 T olive oil  
½ t Salt and ¼ t pepper  
1 t dried oregano  
2 T apple cider vinegar  
1 T honey



### DIRECTIONS:

Preheat oven to 375 degrees F.

Toss the sprouts, onions and apples with the olive oil. Add the salt and pepper and toss again. Lay out on a large sheet pan so that they're barely touching. Drizzle with the oregano, honey and the vinegar. Roast for about 25-30 minutes or until edges are caramelized and the sprouts are soft by not mushy. Test with a fork.

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