

ROASTED BRUSSEL SPROUTS WITH APPLES AND HONEY

By Camine Pappas/November 2012

Prep Time: 30 minutes Total Time: 1 hour

4 C Fresh Brussel Sprouts washed, tough outer leaves removed if needed and stems cut off

2 to 3 granny smith apples diced into 1/4 inch cubes. Do not peel

3 T pine nuts

1/2 C golden raisins

3 - 4 T good oliveoil

Salt and Pepper

3 T good, dark honey

Preheat oven to 400 degrees.

Toss brussel sprouts, apples, and raisins with olive oil and sprinkle with salt and pepper. Lay out on large jelly roll pan. Sprinkle with pine nuts. Drizzle honey over all. Place in oven for 20 minutes or until the vegetables have carmelized and are tender. Remove and let sit for 5 minutes. Serve!

Variations:

Add a sweet white balsamic instead of the honey. Use pecans instead of pine nuts.

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