



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

Roasted Brussels Sprouts with Cranberries & Balsamic Reduction

Serves about 6

Roasted Brussels sprouts are a classic holiday side dish that you are probably very familiar with. We've taken this humble vegetable and dressed it to a new level of deliciousness. The flavor bonus originates from the addition of cranberries, pecans, and a drizzle of a sweet balsamic Dijon reduction.

Ingredients:

1-1/2 pounds fresh Brussels sprouts, cleaned and halved
1 small shallot, minced
3 tablespoons olive oil
1/4 teaspoon Kosher salt
1/8 teaspoon pepper
1 cup pecan halves
1/2 cup dried cranberries

Balsamic Reduction Ingredients:

1/2 cup balsamic vinegar
3/4 cup brown sugar
3 tablespoons Dijon mustard

Directions:

1. Preheat the oven to 400 degrees.
2. Toss the cleaned and halved Brussels sprouts with the shallots, olive oil, Kosher salt, and pepper. Roast for 10 minutes in the hot oven.
3. Meanwhile, prepare the balsamic Dijon reduction. Bring the balsamic vinegar and sugar to a boil in a small sauce pan. Turn down to a simmer, and cook until the liquid has reduced and becomes thick and syrupy, about 15-20 minutes. Remove from the heat, and whisk in the Dijon mustard until smooth.
4. Meanwhile, soak the dried cranberries in 1 cup of hot water until plump, then drain.
5. After 10 minutes of roasting the Brussels sprouts, add the plumped cranberries and pecans to the sheet pan and roast for another 5-10 minutes, or until the sprouts have become brown in places and are cooked according to your preference.
6. Drizzle the roasted medley with the balsamic reduction and serve immediately.