



cara price

ROASTED BRUSSELS SPROUTS & APPLES

INGREDIENTS

- 16 ounces Brussels Sprouts, trimmed & cut into thirds
- 1 large red apple, peeled & diced into 1/2 inch pieces
- 1/2 cup green onions, chopped
- 1/4 cup olive oil
- 1 teaspoons salt
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg

DIRECTIONS

preheat the oven to 425°.

place brussels sprouts, apple pieces & green onion into a 9x12 glass baking dish. pour olive oil into pan & stir to coat. sprinkle salt, pepper & nutmeg over mixture & stir again.

place in oven for 10 minutes, then stir veggies. then roast for another 10-15 minutes until sprouts have an even browning.

serve immediately