



Maple Leather Company & GreatBags® presents...

Selections from our “Mucho Easy” Recipe Collection

Honey Mustard Roasted Brussel Sprouts

When the weather get cool we love Brussels Sprouts and I have been looking for a good recipe for Thanksgiving. I love this and think I could actually eat this every week for quite some time before finally growing tired of it.

Ingredients

1 lb Brussels sprouts

2 tsp olive oil

Salt and pepper

1 tbsp + 1 tsp whole grain mustard

1 tbsp + 1 tsp honey

(Actually I had a jar of honey mustard in fridge so that is what I used, tasted great)

Process:

Preheat the oven to 425 degrees. Place a baking sheet in the oven as it preheats.

Cut the sprouts in half and toss with olive oil, salt, and pepper. Carefully remove pan from hot oven. Spray with cooking spray and place sprouts cut side down on the baking sheet. (I used Parchment paper instead, no spray)

Roast for 30 minutes, shaking the pan halfway through cooking time.

Stir together honey and mustard. Dump sprouts in serving bowl and toss in honey mustard while still hot. Season with additional salt and pepper if needed.

This recipe came from Slenderkitchen.com and Chef Kristen McCaffrey says if you are in a hurry, these can also be made in a pan if you want to speed things up. Heat the olive oil over medium high heat in a heavy pan or skillet. Place the sprouts cut side down in a single layer and cover. Cook for 5-8 minutes until sprouts are tender and cut side is almost black. Toss with the honey mustard and you have a simple side dish in 10 minutes.

For more “Mucho Easy” recipes, visit www.mapleleather.com/recipes