

# Balsamic Crispy Brussels Sprouts with Dates and Almonds



serves 4



35 mins

Featured Greenhouse  
Ingredient: Brussels Sprouts

## Crispy Brussels Sprouts with a Sweet & Savory Twist

Elevate your taste buds with our Balsamic Crispy Brussels Sprouts! A sensational side dish that combines the perfect balance of crispy, tangy, and sweet. Imagine tender Brussels sprouts, roasted to golden perfection, their edges delightfully crisped to a satisfying crunch. We've drizzled these sprouts with a rich balsamic glaze, which adds a robust tang that beautifully complements their natural sweetness. But that's not all—each bite is elevated with the luxurious touch of caramelized dates and the delicate crunch of sliced almonds. Let your senses revel in this elegant medley, where each bite promises a mouthful of culinary delight.

## Organic Ingredients

- 1 pound Brussels Sprouts, stems removed, cut in half
- 1/2 cup olive oil
- 2 teaspoons of your preferred salt, divided
- 1 tablespoon balsamic or apple cider vinegar
- Juice of 1/2 lemon
- 1/2 cup pitted dates, finely chopped
- 1/2 cup silvered toasted almonds or pecans

## Directions

1. Preheat the oven to 350°F.
2. Toss the halved Brussels sprouts in the oil and spread in single layer on baking sheet. Sprinkle with salt.
3. Bake for 20-30 minutes, until the Brussels sprouts are slightly toasted on the outside and soft on the inside.
4. After sprouts cool a bit, add the vinegar, salt, chopped dates, toasted nuts, and lemon juice.
5. Mix well and serve warm.

All of our recipes are sugar-free and gluten free!

\*sourced from the Greenhouse Garden

