

# Roasted Brussels Sprouts with Pistachios

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**BY JOY SCHOEPH**

**Prep: 10 mins    Bake: 20 to 25 mins    Total: 30 to 35 min    Serves: 2-4**

**Description:** Crunchy pistachios add texture, while a dressing of balsamic vinegar, honey, and lemon juice balances the bitterness of the roasted Brussels sprouts.

## **Ingredients:**

- 1 lb fresh Brussels sprouts, halved
- 2 T EVOO or vegetable oil
- 1/4 C chopped pistachios
- 2 T honey
- 2 T aged balsamic vinegar
- 1 T fresh lemon juice
- Grated Parmesan cheese
- Drizzle balsamic glaze (optional)
- Sea salt

## **Instructions:**

1. Preheat oven to 450F.
2. Toss the halved Brussels sprouts in the EVOO and then roast on a pan for 20-25 minutes, or until edges and cut side of sprouts are browned.
3. While they are roasting, mix together the honey, balsamic, and lemon juice in a bowl. Add the pistachios and stir to coat. Add salt to taste.
4. When the Brussels sprouts are done cooking, toss them with the pistachio mixture. Transfer to a plate and top with a drizzle of balsamic glaze (the thick, syrupy kind) and freshly grated Parmesan cheese.

## **Tips:**

- You don't need to buy expensive aged balsamic to pull this off. Just make sure it is more on the syrupy side than fluid. Blended with the thick honey, it will still coat the Brussels sprouts well.