

**BALSAMIC DIJON ROASTED BRUSSELS SPROUTS**

By Dr. Roy Artal

**Ingredients:**

1-2 lbs of Brussels Sprouts

¼ cup balsamic vinegar

¼ cup Dijon mustard

1. Cut off end, halve or quarter Brussels sprouts, discard loose leaves and put in a large bowl.
2. Whisk together balsamic vinegar and Dijon mustard.
3. Pour mixture over the sprouts and mix to coat them.
4. Preheat oven to 400 degrees.
5. Line a cookie sheet with parchment paper.
6. Pour out the sprouts onto the cookie sheet and spread them out to ensure even cooking.
7. Bake for 30 minutes.
8. Remove from the oven and let cool.
9. Store in a 4-cup container in the fridge.
10. These are good hot or cold. I usually serve them as a side dish to my baked potato.