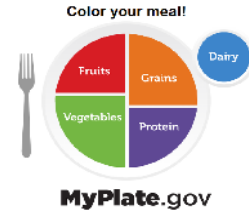




ROASTED BRUSSELS SPROUTS WITH APPLES AND CRANBERRIES



Ingredients:

1lb Brussels Sprouts, trimmed and quartered
1/2 cup dried Cranberries
2 tsp Canola Oil
1/4 tsp Salt
1/4 cup Toasted Pecans, chopped

1 medium Apple, diced
1/2 cup 100% Apple Juice
1 tsp minced fresh Tarragon
1/4 tsp Black Pepper

Directions:

1. Preheat oven to 375°F
2. Combine Brussels sprouts, apple and cranberries in a large bowl. Set aside.
3. Whisk together apple or orange juice, oil, tarragon, salt and pepper in a small bowl; add to Brussels sprouts mixture; toss until well coated.
4. Arrange the Brussels sprouts mixture in a 9-by-9-inch baking dish. Bake for 45 minutes or until well browned.
5. To serve, top with toasted pecans.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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LÍNEA DE AYUDA



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1-888-544-8773

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1-888-544-8773

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