

DishingWell
**Roasted Brussel Sprouts with Toasted
Pistachios and Pomegranate**
by Elizabeth Tigani
serves 4

INGREDIENTS:

1 lb brussel sprouts, cleaned and chopped in half or quarters
¼ cup pomegranate seeds
¼ cup shelled unsalted pistachios
2 tablespoons extra virgin olive oil
2 teaspoons freshly squeezed lemon juice or vinegar of your choice
salt and freshly ground pepper to taste

DIRECTIONS:

Preheat oven to 400°F. Clean and prep brussel sprouts, then add to a bowl with olive oil, salt and pepper and mix with your hands until well coated. Spread evenly onto baking sheet (line with parchment or tin foil for easier clean up!) and roast in the oven until crisp and golden on the outside and tender inside, about 35 minutes. Check once above half way through and shift the sprouts around to cook evenly.

While the brussel sprouts are in the oven, prep the pomegranate and toast the pistachios in an ungreased pan over medium heat for about 3-4 minutes until fragrant. Stir frequently to prevent burning. Remove pistachios and give them a rough chop when they are cool enough to handle.

When brussel sprouts are ready, put them in a serving bowl and drizzle lemon juice or vinegar over. Season with salt and pepper to taste. Add pomegranate and nuts and toss, reserving a small amount for garnish on top.