

SWEET AND SPICY BRUSSELS SPROUTS WITH CARROTS



Learn how to love brussels sprouts with this simple dish that uses roasting to bring out flavor. Hot sauce gives a kick while the honey helps to caramelize these non-starchy vegetables without any need for added salt.

INGREDIENTS

Serves 6 (1 cup each)

- 1 pound Brussels sprouts, washed, trimmed, and cut in half 🥬
- 1/2 pound carrots (4 large carrots), cut into half rounds 🥕
- 1 tablespoon canola or olive oil
- 2 tablespoons honey
- 2 teaspoons hot sauce
- 1/4 teaspoon ground black pepper

DIRECTIONS

🥬 Items are DUO-eligible for those who qualify.

1. Preheat oven to 400°F.
2. Combine all ingredients in a bowl and toss well.
3. Transfer onto a large baking sheet lined with foil, making sure there is plenty of space between the vegetables (see tip).
4. After the first 10 minutes, stir or toss vegetables on the baking sheet using a spatula to help everything cook evenly.
5. Roast until the leaves have begun to brown and crisp, for about 20 minutes.
6. Serve immediately. Store any leftovers in an airtight container for 3-5 days to enjoy again later in the week. Try it as a base with your favorite protein on top!



TIP: Leaving space between the vegetables will allow them to roast well and get crispy. If the sheet is overcrowded, the vegetables will get steamed instead of roasted, turning soggy.

Nutrients per serving: 90 calories, 3 g total fat (0 g saturated), 16 g total carbohydrates (4 g dietary fiber), 3 g protein, 55 mg sodium, 422 mg potassium, 45 mg calcium, 22 mg magnesium





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This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

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