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.

**DIRECTIONS**

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 roast well and get crispy. If the sheet is overcrowded, the vegetables will get steamed instead of roasted, turning soggy.

**INGREDIENTS**

Serves 6 (1 cup each)

- 1 pound Brussels sprouts, washed, trimmed, and cut in half
- ½ pound carrots (4 large carrots), cut into half rounds
- 1 tablespoon canola or olive oil
- 2 tablespoons honey
- 2 teaspoons hot sauce
- ¼ teaspoon ground black pepper

**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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**SWEET AND SPICY BRUSSELS SPROUTS WITH CARROTS**

- Items are DUO-eligible for those who qualify.
The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a $1 for $1 match, up to $20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.

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.

Looking for more healthy eating resources?
Scan the QR codes below with your phone’s camera for free information.

Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs

Explore More Family-Friendly Recipe Ideas

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