

Ginger Roasted Brussels Sprouts with Kimchi

INGREDIENTS (serving size: 6)

- 1 ½ pounds Brussels sprouts, trimmed and halved if large
- 2 shallots, thinly sliced
- 2 ½ teaspoon ginger, chopped
- ½ teaspoon black pepper
- 3 tablespoon canola oil
- 1 cup drained kimchi cabbage, chopped
- 2 teaspoon rice wine vinegar
- ¼ cup chopped fresh mint leaves
- 1/8 teaspoon red pepper flakes, optional

NUTRITION INFORMATION: 137 Calories; 7 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 190 mg Sodium; 16 grams Carbohydrates; 5 grams Fiber; 5 grams sugar; 5 grams Protein

DIRECTIONS

1. Move oven rack to upper position, place a foil-lined baking sheet on the rack, and preheat the oven to 400 degrees Fahrenheit.

2. While baking sheet is in the oven, prepare vegetables. In a large bowl, toss Brussels sprouts, shallots and ginger with oil and pepper. Remove baking sheet from oven and add Brussels sprout mixture, distributed evenly. Return to oven and roast until sprouts are tender and brown for about 20 minutes, stirring halfway through.

3. Combine kimchi, honey, vinegar, and red pepper flakes in a large bowl. When Brussels sprouts are roasted, add to the mixture in the bowl and toss to combine. Top with chopped mint leaves and serve.