

Roasted Brussels Sprouts

Ingredients:

- 2 pounds Brussels sprouts, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 1 teaspoon minced anchovies (about 1½ fillets), or more to taste
- ¼ cup coarsely chopped walnuts
- 1 tablespoon Dijon mustard
- 1 tablespoon capers, rinsed
- 2 teaspoons white-wine vinegar



Directions:

1. Preheat oven to 450°F.
2. Cut Brussels sprouts into quarters (or sixths, if large). Spread in an even layer on a large rimmed baking sheet. Drizzle with 3 tablespoons oil and season with salt and pepper. Roast until just tender, 8 to 10 minutes.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-low heat. Add anchovies and cook, stirring occasionally, until they have melted into the oil, 3 to 5 minutes. Add walnuts and cook, stirring occasionally, until lightly toasted, 4 to 6 minutes. Remove from heat. Stir in mustard, capers and vinegar.
4. Add the Brussels sprouts to the pan and stir to combine with the sauce. Season with more pepper to taste. Serve warm.

Nutritional Information:

Servings: 8 • Size: ½ cup each

Calories: 133 • **Fat:** 10 g • **Carb:** 10 g • **Fiber:** 4 g • **Protein:** 4.5 g • **Sugar:** 2 g

Sodium: 124 mg