

# Roasted Brussels Sprouts and Shallots

This easy side dish combines the natural sweetness of caramelized shallots with the earthiness of Brussels sprouts, a fall favorite.

Makes: 12 Servings  
 Prep Time: 20 minutes  
 Cook Time: 1 hour 20 minutes

Source: [EatingWell.com/recipes](http://EatingWell.com/recipes)

## Ingredients

- 24 small shallots
- 2 tablespoons extra-virgin olive oil, divided
- 2 pounds Brussels sprouts, preferably small
- 1 teaspoon kosher salt

## Directions

1. Preheat oven to 375 degrees F.
2. Peel shallots, leaving the root ends intact so they'll hold together. Place on a large sheet of foil; sprinkle 1 tablespoon oil over the top. Seal the packet and bake until the shallots are tender, about 45 minutes. Remove from foil and set aside to cool.
3. Meanwhile, remove the outer leaves from Brussels sprouts and trim the stems. Cut the small sprouts in half and quarter the larger ones. Place the shallots and Brussels sprouts in a roasting pan. Toss with the remaining 1 tablespoon oil and salt.
4. Increase oven temperature to 400 degrees F. Roast, tossing twice during cooking, until the Brussels sprouts are tender and lightly browned, 25 to 35 minutes.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 1/2 cups	
Nutrients	Amount
Calories:	104.7
Total Fat:	2.6g
Saturated Fat:	0.4g
Cholesterol:	0mg
Sodium:	222.8mg
Total Carbohydrates:	18.8g
Dietary Fiber:	3.1g
Total Sugars:	3.9g
Added Sugars:	0g
Protein	4.2g

## Utensils Needed

- Roasting pan
- Foil

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.44

Average cost/serving: \$0.62

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Small Shallots (24 ct. bag)



Add 1 to Cart  
Brussels Sprouts (32 oz  
or 2 pounds)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips: Vegetable

- Frozen Brussels sprouts are easy to keep on hand and might cost less at some times of the year.
- Brussels sprouts may be the lowest cost and best quality from October to December.
- Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but the quality is best when used soon.
- Wash under cool running water and trim just before using:
  - Remove outer leaves.
  - Trim stem even with the bottom leaves.
  - Leave whole, cut in halves or quarters, or shred.