



## Roasted Brussels Sprouts And Grapes (4 servings)

### Ingredients

- 1 pound brussels sprouts - trimmed and halved
- 1/2 pound seedless red grapes halved
- 1 Tbsp extra virgin olive oil
- 6 cloves garlic coarsely chopped
- 1/2 tsp sea salt
- 1/4 tsp pepper - freshly ground

### Preparation

- Pre-heat oven to 400F.
- Combine brussels sprouts, grapes, and garlic in a large bowl. Drizzle with extra virgin olive and season with salt and pepper. Toss everything together until the brussels sprouts and grapes have a nice light coating of the olive oil and seasoning.
- Spread everything out on a baking sheet and roast for 25-30 minutes, flipping halfway through, until brussels sprouts are golden brown.
- Transfer to your favorite serving dish and enjoy!

### Nutritional Information *(525 calories per serving)*

<i>Fat:</i>	16g	<i>Sugar:</i>	25mg
<i>Saturated Fat:</i>	2g	<i>Potassium:</i>	2198mg
<i>Sodium:</i>	128mg	<i>Vitamin A:</i>	3570IU
<i>Carbohydrates:</i>	91g	<i>Vitamin C:</i>	394.7mg
<i>Fiber:</i>	19g	<i>Calcium:</i>	224mg
<i>Protein:</i>	17g	<i>Iron:</i>	7.2mg