

Honey, Sesame Brussels Sprouts

Portion Size: ½ cup

Yield: 7

Ingredients:

Brussels Sprouts, fresh	2 pounds
Honey	4 tsp
Ginger Root, minced	2 ½ tsp
Olive Oil	4 tsp
Salt	1/8 tsp (pinch)
Black Pepper	1/8 TSP
Sesame Seeds	1 TBSP

Preparation:

1. Trim ends off Brussels Sprouts.
2. In large bowl, combine honey, ginger, olive oil, salt and pepper.
Toss Brussels Sprouts in mixture.
3. Spread evenly on a sheet pan and place in preheated 350°F oven.
4. Roast for 15-20 minutes or until desired doneness.
5. Toss Brussel Sprouts with sesame seeds.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
90	4	13	4	5	4	0	80



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