

Maple Roasted Brussels Sprouts



Discover our delicious recipe for Maple Roasted Brussels Sprouts. These caramelized little veggies, coated in maple syrup, make the perfect side dish to complement your main meals.

Preparation 5 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 90

Fat 4

Carbohydrates 10

Fibre 3

Protein 2

Sodium 20

Ingredients

- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) olive oil
- 10 ml (2 tsp) Dijon mustard
- 1 L (4 cups) chopped Brussels sprouts
- Pepper and salt to taste

into slices of about 1 mm.

Preparation

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper or a silicone mat.
2. In a small bowl, combine maple syrup, oil and Dijon mustard.
3. In a large bowl, pour the marinade over the Brussels sprouts and toss with your hands to coat evenly.
4. Place Brussels sprouts on the baking sheet.
5. Roast in the oven for 10 minutes or until crisp. Season with pepper and salt to taste when removed from the oven.

Notes

Can be stored for 3 days in the refrigerator.



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine | Coordinatrice événementiel
Registered Dietitian Nutritionist in Montreal North-Shore