

# Roasted Brussels Sprouts

Maine Child Nutrition

Lunch Side

SERVING SIZE: ½ Cup

YEILD: 8 SERVINGS

MEAL PATTERN CONTRIBUTION: ½ Cup Other Veg

## Ingredients and Instructions

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Brussels Sprouts, fresh, shaved	4 Cups
Apple, honeycrisp, chopped	1 Each
Cranberries, dried	½ Cup
Cheese, parmesan	1/3 Cup
Sunflower Seeds, toasted	1/3 Cup
Chives, chopped	1/3 Cup
<b>Dressing</b>	
Olive Oil	¼ Cup
Lemon Juice	¼ Cup
Dijon Mustard	1 tsp
Black Pepper	¼ tsp
Salt	½ tsp

1. Rinse and dry brussels sprouts. Shave brussels sprouts and set aside.
2. In a separate bowl, whisk together the olive oil, lemon juice, dijon mustard, salt and pepper.
3. Mix together the shaved brussels sprouts, chopped apple, cranberries, parmesan cheese, sunflower seeds and chives.
4. Toss all ingredients with the dressing.
5. Serve.