Roasted brussels sprouts with whole grains and fruit
RECIPE

Roasted brussels sprouts with whole grains and fruit

COOK TIME	20 min
PREP TIME	10 min
MAKES	6 servings

What happens when the wholesome goodness of Brussels Sprouts meets the sweetness of dried apricots and the flavor of bacon? A delightfully distinct dish that’s made even more special when served with organic quinoa and brown rice.

INGREDIENTS

- 3/4 pound Brussels sprouts, trimmed and halved
- 1/4 teaspoon salt
- 1 package of SEEDS OF CHANGE™ Organic Quinoa Brown Rice with Garlic
- 1 tablespoon extra virgin olive oil
- 1/8 teaspoon pepper
- 1/4 cup snipped dried apricots
- 4 slices cooked and crumbled bacon

DIRECTIONS

1. Heat oven to 400°F.
2. On large baking sheet, toss Brussels sprouts with olive oil, salt and pepper.
3. Bake 25–30 minutes or until tender, stirring halfway through roasting.
4. Meanwhile, heat SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic as directed on package; place in serving bowl.

NUTRITION INFO

Column 1	Column 2
Servings	6

Column 1	Column 2
Calories (per serving)	160
Total Fat	4.5g
Saturated Fat	1g
Trans Fat	0g
Total Fat % DV	7%
Saturated Fat % DV	5%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	330mg
Sodium % DV	14%
Total Carbohydrate	22g
Dietary Fiber	3g
Sugars	2g
Total Carbohydrates % DV	7%
Dietary Fiber % DV	12%
Protein	5g

You might also love...



Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min



Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min



Savory baby bok choy with quinoa & brown rice

Cook time

7 min

Prep time

3 min



Fabulous fried rice

Cook time

6 min

Prep time

30 min

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