

Roasted Brussels Sprouts with Apple Cherry Vinaigrette

America's Test Kitchen



Servings: 6

1. Adjust oven rack to lowest position, place rimmed baking sheet in oven, and heat oven to 500°F.
2. Toss minced apple and cherries with 1 tablespoon oil, vinegar, maple syrup, mustard, and shallot in bowl until well combined; set aside. If using dried tarragon, add it to the vinaigrette here.
3. Toss brussels sprouts with salt, pepper, and 5 tablespoons oil in second bowl until evenly coated.
4. Working quickly and carefully, remove sheet from oven and arrange brussels sprouts in even layer on hot sheet. Return sheet to oven and roast until brussels sprouts are well browned, 10 to 12 minutes. Transfer brussels sprouts to serving platter. Top with apple mixture. If using fresh tarragon sprinkle on top at this point. Serve warm or at room temperature.

VINAIGRETTE:

1 small tart apple, cored and cut into 1/4-inch pieces

1/3 cup dried cherries, or dried cranberries

1 tablespoon EVOO, divided

6 teaspoons cider vinegar

3 teaspoons maple syrup

3 teaspoons Dijon mustard

1 small shallot, minced

BRUSSELS SPROUTS:

2 pounds brussels sprouts, trimmed and halved

5 tablespoons EVOO

1 1/4 teaspoons table salt

3/4 teaspoon pepper

6 teaspoons chopped fresh tarragon, or dried, using 1/3 the amount

Per Serving (excluding unknown items): 245

Calories; 14g Fat (48.9% calories from fat);

6g Protein; 28g Carbohydrate; 7g Dietary

Fiber; 0mg Cholesterol; 550mg Sodium; 14g

Total Sugars; 0mcg Vitamin D; 83mg

Calcium; 3mg Iron; 698mg Potassium;

117mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com