

Roasted Brussels Sprouts and Onions with Mustard Vinaigrette and Parm

Adapted from an online recipe



- 1 pound Brussels sprouts
- 1 medium red onion, peeled, cut into small wedges
- 3 tablespoons olive oil, plus more if desired
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- Freshly ground black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons Parmesan cheese, the kind in a can, or more if desired

Per Serving (excluding unknown items): 197 Calories; 12g Fat (53.3% calories from fat); 7g Protein; 17g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 313mg Sodium; 7g Total Sugars; trace Vitamin D; 155mg Calcium; 2mg Iron; 566mg Potassium; 156mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTE: Using the old-fashioned canned Parm eliminates the need for salt - so be cautious about adding it at the beginning. You can always add salt at the end.

1. Preheat oven to 475°F.
2. Trim off bottom (core) of Brussels sprouts slightly and remove any aged outer leaves, then halve lengthwise.
3. In a bowl large enough to hold all the Brussels Sprouts and onions, use a whisk to mix the olive oil, Dijon mustard, Worcestershire sauce, salt and pepper until there are no streaks of mustard visible. Add the Brussels Sprouts and onions, tossing them with your hands until they are evenly coated.
4. Pour the vegetables onto a rimmed heavy duty baking sheet lined with parchment paper. Turn the Brussels sprouts cut side down.
5. Roast until the sprouts are tender and brown, about 12 to 14 minutes, depending on your oven, how large your Brussels sprouts are, and how golden brown you like them. If you prefer more crunchy, start checking them after 10-11 minutes.
6. Drizzle the Brussels Sprouts with lemon juice then sprinkle the canned Parm over the top. Taste for seasonings. Serve hot.