



Roasted Brussels Sprouts with Pomegranate & Tahini Dressing

2 servings

30 minutes

Ingredients

132 grams Brussels Sprouts (trimmed and halved)
22 milliliters Extra Virgin Olive Oil (divided)
3 grams Sea Salt (divided)
10 grams Tahini
15 milliliters Lemon Juice
30 milliliters Water
4 grams Parsley (minced)
35 grams Pomegranate Seeds

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
- 3 Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add maple syrup or honey, and/or garlic to the tahini dressing.

Additional Toppings: Top with chopped nuts or seeds.