



Roasted Apple & Brussels Sprouts Salad

Prep: 10 minutes

Roast: 20 minutes • Serves: 4

- 3 cups chopped unsalted walnuts
- 1 large Granny Smith apple, halved, cored and chopped
- 1 pound Brussels sprouts, trimmed and halved
- 2 teaspoons olive oil
- ½ teaspoon chopped fresh sage
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 tablespoon honey

1. Preheat oven to 400°. In large skillet, toast walnuts over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

2. In large bowl, toss apple, Brussels sprouts, oil, sage, nutmeg and salt; spread on rimmed baking pan. Roast 20 minutes or until golden brown and tender; transfer to large bowl. Add honey and toss. Serve sprinkled with walnuts.

Approximate nutritional values per serving:

*164 Calories, 9g Fat (1g Saturated), 0mg Cholesterol,
172mg Sodium, 20g Carbohydrates, 5g Fiber, 5g Protein*