



Elliott Evans Nutrition, LLC
Prevent and Protect
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MAPLE-ROASTED BRUSSELS SPROUTS AND RUTABAGA WITH HAZELNUTS

Serves 5

- 1/2 cup pure maple syrup**
- 2 1/2 tablespoons extra-virgin olive oil**
- 1 Tablespoon fresh lemon juice**
Coarse salt and freshly ground black pepper
- 2 Pounds rutabaga, skin removed and cut into 1 1/2-inch pieces (5 cups)**
- 3/4 pound Brussels sprouts, trimmed and halved lengthwise**
- 1 ounce toasted hazelnuts, chopped (1/3 cup)**

- Preheat oven to 400 degrees. Whisk together maple syrup, oil, lemon juice, and 1/4 teaspoon salt in a large bowl. Add rutabaga, and toss.
- Transfer rutabaga and all but 2 tablespoons glaze to a rimmed baking sheet (leave remaining glaze in bowl). Spread rutabaga in a single layer, sprinkle with 1/4 teaspoon salt, and roast for 35 minutes, tossing halfway through and making sure rutabaga is spread toward the edges of pan.
- Raise oven temperature to 450 degrees. Toss Brussels sprouts with remaining glaze in bowl and 1/4 teaspoon salt. Remove sheet from oven, and add sprouts. Toss, and spread in a single layer. Roast vegetables, tossing every 5 minutes, until glaze is very thick and vegetables are deep golden brown, about 20 minutes.
- Season with pepper, and sprinkle with hazelnuts.