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Prevent and Protect
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ROASTED BRUSSELS SPROUTS WITH APPLES AND PINE NUTS

Today's Dietitian – March 2012 Serves 4

- 1 Ib Brussels sprouts, stems trimmed, halved lengthwise
- 6½ oz cooked, peeled chestnuts, halved
- 1 large red apple (such as Fuji, Pink Lady, or Gala), cut into a ¾-inch dice
- 1 large shallot, sliced into thin rings
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon pepper
- 2 tablespoons pine nuts, toasted
- Adjust oven rack to lower-middle position, place large, rimmed baking sheet on rack, and heat oven to 425 degrees.
- Toss Brussels sprouts, chestnuts, apple, shallot, oil, salt, and pepper together in a large bowl until thoroughly combined. Carefully remove hot baking sheet from oven and pour contents of bowl onto sheet in even layer, working quickly and taking care to flip Brussels sprouts cut side down.
- Roast until sprouts are well browned, about 25 minutes. Transfer to platter and sprinkle with pine nuts. Drizzle with additional olive oil and salt if desired.