

CHANGE ONE MEAL! October, 2016



MAPLE ROASTED BRUSSELS SPROUTS with APPLES



Ingredients

1 lb. brussels sprouts, trimmed and halved lengthwise
1 apple, cored and sliced (Fuji or Braeburn works well)
1 tbsp. olive oil
salt + pepper to taste
1/4 c. dried cranberries
1/4 c. chopped walnuts
1 tbsp. maple syrup

Instructions

1. Preheat oven to 400 degrees.
2. Toss brussels sprouts and apple slices with olive oil, salt, and pepper on a rimmed baking sheet. Bake for 25-30 minutes or until brussels sprouts are tender and browned on edges, stirring halfway through cooking time.
3. Transfer brussels sprouts and apple to large bowl. Stir in cranberries, walnuts, and maple syrup.

**CHANGES COMING in
2017 for
CHANGE ONE MEAL at
Chanute Recreation
Center! Watch for
more information!**

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