

## Roasted Brussels Sprouts with Pomegranate and Hazelnuts

Jennifer Richman, LPN, from the Children's Hospital at Dartmouth-Hitchcock (CHaD), offers this Brussels sprouts recipe.

### Ingredients:

- 1 1/4 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

### Directions:

- Preheat the oven to 375 degrees.
- Cut a pomegranate in half crosswise. Hold one half over a bowl and bang the skin side hard with a wooden spoon.
- Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper.
- Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance (about 45 minutes).
- Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

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