



## Fire Roasted Brussels Sprouts

Recipe By DEREK ST. ROMAIN

SERVES: 4-6

### INGREDIENTS:

- ☐ 1 lb. Brussels sprouts, halved
- ☐ ½ cup extra virgin olive oil
- ☐ ¼ cup rice wine vinegar
- ☐ ¼ cup honey
- ☐ 2 tbsp. hot sauce
- ☐ 1 tsp. cayenne pepper
- ☐ 1 tsp. kosher salt
- ☐ 1 tsp. ground white pepper

### OPTIONAL GARNISHES:

- ☐ ½ cup fresh blueberries
- ☐ ¼ cup dried cranberries and blueberries
- ☐ ½ cup candied walnuts

### DIRECTIONS:

- ☐ 1. Preheat oven to 450°F.
- ☐ 2. In a bowl, mix all your ingredients (minus the garnish) coating the Brussels sprouts thoroughly.
- ☐ 3. Spray baking sheet with pan spray, add the Brussels and bake for 20 minutes.
- ☐ 4. Place on a serving dish and garnish with fresh blueberries, dried cranberries and blueberries, and candied walnuts.

**Did you make this recipe?**

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