



## **Savory Roasted Brussels Sprouts with Shallots, Thyme and Pecans**

*Makes 6-8 servings in ~1 hour*

Instead of bacon, these sheet-pan Brussels sprouts come alive with a blend of shallots, garlic, toasted nuts, and a sprinkle of bright red pomegranate seeds and shaved Parmesan. They're easy to make and full of flavor, fiber and fabulous phytonutrients to support liver detoxification. This makes them the perfect accompaniment to any holiday table. Plus they can be prepped in advance and baked right before serving.

### **Ingredients**

- 1 ½ to 2 pounds Brussels sprouts, trimmed and halved (or quartered if large)
- 2 tablespoons extra virgin olive oil
- ¾ cup shallots, diced
- 1 tablespoon garlic, chopped
- 1 tablespoon fresh thyme, leaves pulled from stems or 1 teaspoon dried thyme
- 1 ¼ teaspoons sea salt
- ½ teaspoon ground black pepper
- 1 cup pecans or hazelnuts, toasted and chopped
- ¼ cup pomegranate seeds
- ½ cup shaved Parmesan cheese (optional)

### **Cooking Instructions**

Preheat oven to 375 degrees, using the convection roast setting if available.

\*In a large bowl, toss the Brussels sprouts with the olive oil, shallots, garlic, thyme and salt and pepper. Roll out onto on a parchment-lined cookie sheet and bake for 20-25 minutes or until the Brussels sprouts are soft and starting to brown. Remove from the oven and toss in the pomegranate seeds, toasted pecans and shaved Parmesan and serve immediately. This can be prepped in advance and covered for a day until time to bake, then toss in the final ingredients and serve.



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\* If your oven doesn't have a convection roast setting, then set the oven to bake at 400 degrees and turn once while roasting for ~30 minutes until the Brussels sprouts are soft and starting to brown.