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## **Maple Mustard Brussels Sprouts**

Courtesy of RSP NUTRITION

Prep time: 20 min. Cook time: 20-30 min.

Serving size: about 1 cup

Makes 8 servings

### **Ingredients**

3 lbs. Brussels sprouts (cleaned, trimmed, and halved)

1 tbsp plus 2 tsp extra-virgin olive oil

Salt and freshly ground pepper to taste

1 shallot, minced

1 clove garlic, minced

1 tbsp maple syrup

1 tsp honey

1 tbsp stone-ground mustard

1 tsp Dijon mustard

1 tsp red wine vinegar

### **Directions**

1. Preheat the oven to 450 degrees F.

2. Toss the halved Brussels sprouts with salt, pepper, and 1 tbsp of olive oil.

3. Arrange the sprouts on a sheet pan in a single layer and roast for 20-30 minutes, until nicely browned.

4. Meanwhile, in a glass bowl, mix both mustards, the shallots, garlic, maple syrup, and honey.

5. Whisk in the vinegar and then slowly drizzle in the remaining two teaspoons of olive oil, creating an emulsification. Add salt and pepper to taste.

6. Toss the roasted Brussels sprouts in the dressing and serve.

