

Dijon Roasted Brussels

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

3 MEEZ CONTAINERS

Brussels Sprouts

Toasted Almonds

Dijon Vinaigrette

Make This Meal Your Own

Omnivore's Option – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

Good to Know

Health Snapshot per serving (serves 2)

490 Calories, 28g Carbs, 12g Protein, 16 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar, Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

1. Getting Started

Preheat your oven to 400.

2. Roast the Brussels Sprouts

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 10-15 minutes.

Remove the pan from the oven and pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for an additional 3-5 more minutes, then remove from oven.

3. Put It All Together

Season the Brussels sprouts with salt and pepper, a little more vinaigrette to taste, and sprinkle the **Toasted Almonds** over the top. Enjoy!

Love this recipe? #meezmagic

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