



Roasted Brussel Sprouts

Ingredients:

- 1 ½ cups brussel sprouts, washed and trimmed
- ½ cup radishes, washed and trimmed
- 1 tbsp Walden Farms Fruit Spread (any flavor)
- 1 garlic clove minced
- 1 tsp mustard
- Salt and pepper to taste
- 1-2 tsp olive oil - optional

Directions:

1. Soften Walden Farms Fruit Spread in microwave for 20 seconds.
2. Place all ingredients in a small roasting pan, mix to coat well.
3. Bake uncovered or covered for 30 to 45 mins at 375 degrees (depending on size of brussel sprouts and radishes).
4. Mix a few times during roasting.
5. You may choose to omit oil, or drizzle over finished vegetables.

Servings: makes 1 serving.

Each serving = 1½ cups occasional vegetables, ½ cup select vegetables, 1 extra, daily healthy fat.

716-320-1515
DietMentor.com
info@dietmentor.com