



Decked-Out Roasted Brussels Sprouts



1/4th of recipe (about 1 cup): 147 calories, 6g total fat (0.5g sat. fat), 176mg sodium, 21.5g carbs, 6g fiber, 11g sugars, 5.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

1/4 cup apple cider vinegar
2 1/2 tbsp. brown sugar (not packed)
2 tsp. olive oil
1/4 tsp. salt
1/8 tsp. black pepper
1 lb. (about 30 medium) Brussels sprouts, trimmed and halved
1 cup Granny Smith apple cut into matchstick-sized strips (about 1 medium apple)
1 oz. (about 1/4 cup) chopped pistachios

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine vinegar, brown sugar, olive oil, salt, and pepper. Mix well. Add Brussels sprouts, and toss to coat.

Lay sprouts on the baking sheet, and top with any excess vinegar mixture. Bake for 20 minutes.

Stir/rearrange. Bake until soft and golden brown, about 10 more minutes.

Transfer to the large bowl. Add apple strips and pistachios, and toss to mix.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.