



Cranberry Balsamic Brussels Sprouts



1/4th of recipe (about 3/4 cup): 138 calories, 3.5g total fat (0.5g sat fat), 398mg sodium, 23.5g carbs, 5g fiber, 14g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 2 hours and 15 minutes on high *or* 4 1/2 hours on low, plus 15 minutes



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

Ingredients

1 tbsp. Dijon mustard
1 tbsp. olive oil
1 lb. Brussels sprouts, trimmed and halved
1/3 cup sweetened dried cranberries, chopped
1/2 tsp. salt
1/8 tsp. black pepper
1/2 cup balsamic vinegar

Directions

In a medium bowl, combine mustard, oil, and 1/4 cup water. Whisk thoroughly.

Place halved Brussels sprouts and dried cranberries in a slow cooker. Add mustard mixture, and stir to coat. Season with salt and pepper.

Cook on high for 2 hours and 15 minutes *or* on low for 4 1/2 hours, or until sprouts are tender and lightly browned.

Add vinegar to a small pot, and bring to a boil. Reduce to a simmer. Stirring frequently, cook until thickened to a syrup-like consistency, about 12 minutes.

Stir sprouts, and drizzle with balsamic reduction.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.