



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

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



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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

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