



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



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

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

[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.)

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