

Roasted Brussels Sprouts

1 Pound Brussels sprouts

2 T melted Smart Balance

Salt & pepper to taste

¼ cup raisins or craisins

1 T balsamic vinegar

2 T honey or maple syrup

¼ cup toasted slivered almonds (optional)

Wash Brussels sprouts and cut ends off and remove any yellow leaves, cut in half. Place Brussels sprouts, melted Smart Balance, salt and pepper in large resealable plastic bag. Seal bag tightly and shake to coat. Pour onto a baking sheet and bake in a preheated oven at 400 degrees for 30 – 45 minutes, shaking pan every 5 – 10 minutes to even browning. Turn down oven if necessary to reduce burning. Brussels sprouts should be dark brown/close to black when done. Remove from oven and place into large skillet on medium heat. Add raisins, vinegar, and syrup. Add more seasoning if necessary. Stir occasionally and cook 5 – 10 minutes to coat and caramelize Brussels sprouts. Serve immediately. May add toasted slivered almonds at end if desired.