



# Crispy Brussels Sprouts



These crispy Brussels sprouts are coated in olive oil, garlic and seasonings, then roasted at high heat until tender and golden brown. The absolute best way to enjoy Brussels sprouts!

<b>Course</b>	Side Dish
<b>Cuisine</b>	American
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	20 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	4
<b>Calories</b>	118kcal
<b>Author</b>	Sara Welch

## Ingredients

- 1 lb Brussels sprouts trimmed and halved
- 3 tablespoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon Italian seasoning
- salt and pepper to taste
- 1 tablespoon chopped fresh parsley
- cooking spray
- lemon wedges for garnish optional

## Instructions

1. Place an empty sheet pan in the oven. Preheat the oven to 425 degrees F.
2. Place the Brussels sprouts in a large bowl along with the olive oil, garlic, Italian seasoning, salt and pepper. Stir to combine.
3. Remove the sheet pan from the oven and coat with cooking spray. Arrange the sprouts, cut side down, in a single layer on the pan.
4. Place the pan in the oven and bake for 20 minutes or until sprouts are deep golden brown and crisp.
5. Sprinkle with parsley, then serve, garnished with lemon wedges if desired.

# Roasted Brussels Sprouts Salad

A Roasted Brussels Sprouts Salad with fresh Pomegranate seeds and a balsamic vinaigrette - it's the perfect fall / winter side dish!



Prep Time  
5 mins

Cook Time  
30 mins

Total Time  
35 mins

Course: Side Dish    Cuisine: Mediterranean    Servings: 6 people

Author: [Gaby Dalkin](#)



5 from 5 votes

## Ingredients

### For the Brussels Sprouts

- 2 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- kosher salt and freshly cracked black pepper
- ½ teaspoon red pepper flakes
- 1 cup POM POMS Fresh Pomegranate Arils

### For the vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic chopped
- kosher salt and freshly cracked black pepper to taste

## Instructions

1. Pre-heat oven to 425 degrees F.
2. Place the halved Brussels Sprouts on a parchment lined baking sheet. Drizzle with olive oil and season with salt, pepper and red pepper flakes. Transfer the baking sheet into the oven and roast for 25-30 minutes until the sprouts are fully cooked and the edges are crispy.
3. Remove from the oven and set aside.
4. In a large bowl, whisk together the olive oil, balsamic vinegar, garlic, salt and pepper until well combined. Add the roasted Brussels sprouts to the vinaigrette and top with the POM POMS. Toss to combine and serve immediately.

## Nutrition

Calories: 197kcal | Carbohydrates: 20g | Protein: 6g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Sodium: 56mg | Potassium: 666mg | Fiber: 7g | Sugar: 8g | Vitamin A: 1190IU | Vitamin C: 132mg | Calcium: 70mg | Iron: 2mg

# Pomegranate Mint Water ★★★★★



This Pomegranate Mint Water is quick to whip up and so refreshing - the perfect hydration for after those heavy holiday meals!

**Course** Beverages (Non-Alcoholic) **Cuisine** American

**Keyword** infused water, mint water, pomegranate water

**Diet** Dairy-Free, Gluten-Free, Low Carb, Paleo, Raw, Vegan, Vegetarian

**Occasion** 4th of July, Christmas, Easter, Thanksgiving

**Time** 15 minutes or less, 30 minutes or less, 45 minutes or less **Prep Time** 5 mins **Total Time** 5 mins

**Servings** 8 servings **Calories** 39 **Author** [Sarah Bond](#)

## Ingredients

- 8 sprigs fresh mint
- 2 cup pomegranate seeds 200 g
- 2 Tbsp honey 15 g
- 8 cups water\* 960 mL

## Instructions

1. **Stir:** Add mint to a pitcher and muddle with the end of a wooden spoon. Add remaining ingredients (honey optional) and stir to combine.
2. **Serve:** Serve chilled, optionally over ice.

## Notes

*Coconut water also works well in this recipe!*

## Nutrition

Serving: 1 serving | Calories: 39kcal | Carbohydrates: 5.5g | Protein: 0.7g | Fat: 0.3g | Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 4mg | Potassium: 55mg | Fiber: 1g | Sugar: 4.3g | Calcium: 20mg | Iron: 1.4mg

Recipe from Live Eat Learn at <https://www.liveeatlearn.com/pomegranate-mint-water/>.



# Pomegranate Persimmon Salad With Honey Balsamic Vinaigrette



This Pomegranate Persimmon Salad is bright and colorful with persimmons, feta and a honey balsamic vinaigrette. A quick and easy, healthy salad!

<b>Course</b>	Meatless Main, Side Dish
<b>Cuisine</b>	American
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	10 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	2
<b>Calories</b>	615.7kcal
<b>Author</b>	FoodFaithFitness

## Ingredients

- 1/4 Cup [Pecans](#) toasted
- 1/2 Cup Pomegranate arils
- 6 Cups Spring mix, or lettuce of choice
- 2/3 Cup Red onion, sliced
- 1 Small avocado, sliced (about 1/2 sliced)
- 2 Small persimmons sliced (about 1/2 cup)
- 1/3 Cup Feta cheese
- 1 Large chicken breast chopped (about 8 oz)

### For the vinaigrette:

- 1/4 Cup Pomegranate juice
- 1 Tbsp Balsamic vinegar
- 1 Tbsp Honey
- 2 tsps Olive oil
- Pinch of salt

## Instructions

1. Preheat your oven to 350 degrees and line a [small baking sheet](#) with parchment paper.