

	soy- ginger	mustard	ginger- miso	MIC			
	x 1	x 1			P	F	C
Brussel Sprouts	1#	1#	1# halves	1#			
Oven Temp		425	steam 8-10				
VOL DRESSING	4 oz	4 oz	3.5 oz	3.5oz			
Ginger, Fresh	1T	----	1T	2 t dry			
Garlic, Fresh cloves	2	----					
Avocado Oil			2T	2T			
Olive Oil		3 T x 2					
Sesame Oil, Toasted	2 T	----					
Apple Cider Vinegar		1 T	1T	1T			
Honey/Maple Syrup	1 T	1 T	1T	1T			
Mirin	1 T						
Miso			2 T				
Mustard, Coarse		1t		1t			
Sriracha	1 T						
Soy Sauce, Low Na	2 T			2T			
Mustard Seed, Black		1t (op)		1t			
Pepper	1/8t	1/8t		1/8t			
Salt, Kosher	1/2t	1/2t		1/2t			
Yeast, Nutritional							
DILUTE w water or lemon/lime							
Almond , Almont, Cashew, Pistachio, Sesame, Walnut	2 T						

1 stalk = 2# of brussel sprouts (81 sprouts)

Directions

1. Brussels sprouts can be whole or on stalk (cut in half to fit and turn more easily). Can cut the bottom of the stalk off so it sits better/lower
2. Pre-mix ingredients and toss/brush over sprouts/stalk already in a baking pan (stainless steel best). Can use some water or lemon juice to dilute (1-2 TBSP)
3. Pre-heat oven to Bake/Roast 450 (Convection 425)
4. Place in hot oven, after 5 min turn over and lower to 375 (Convection 350)
5. Leaves only--use 350-375 (25 degrees cooler)
6. Then turn with scraping of pan every 10-15 min until very dark (approx 45 min)

Mustard

1. Preheat the oven to 425 degrees.
2. Place the Brussels sprouts on a baking sheet. Drizzle with 3 tablespoons of the oil and then sprinkle with 1/2 teaspoon of salt and all the mustard seed, if using. Use your clean hands to mix everything together. Roast (middle rack) for about 35 minutes, stirring now and then, until the sprouts have softened and browned.
3. Meanwhile, whisk together the prepared mustards, vinegar and the remaining 3 tablespoons of oil in a large bowl to form an emulsified dressing. Taste and season lightly with salt.
4. Transfer the warm sprouts to the bowl and toss to incorporate. Serve warm or at room temperature.

Ginger-Miso (Steamed) Instructions

1. Trim ends of the Brussels sprouts and cut each in half.
2. Steam the Brussels sprouts for 8-10 minutes, and then immediately rinse in cold water to retain their green colour.
3. Mix all of the miso paste, honey (or maple syrup), Dijon mustard, grated ginger, apple cider vinegar and avocado oil together to make a dressing.
4. Pour the dressing over steamed Brussels sprouts and sprinkle with hemp hearts. Toss to coat the Brussels sprouts evenly.

Recipe Notes

1. Not all miso are vegetarian/vegan and gluten-free, although the majority on the market are. See "what is miso?" section for more details on the ingredients to look out for, if you need to choose the vegan and gluten-free version.

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