

"Way Better" Brussels Sprouts

Ingredients:

1/2 pound Brussels sprouts
1 tablespoon olive oil
3 cloves garlic, peeled and mashed
2 teaspoons brown sugar
1/4 teaspoon salt
Pepper
2 teaspoons apple cider vinegar

- 1 Finely shred the Brussels sprouts in a food processor.
- 2 Heat the oil in large skillet over medium-low heat. Add the garlic cloves and cook until they just start to brown.
- 3 Stir in the Brussels sprouts, brown sugar, and salt. Add pepper to taste.
- 4 Increase the heat to medium-high and cook, stirring often, until browned, about 5 minutes.
- 5 Add 3/4 cup of water. Cook 5 minutes more or until most of the liquid has evaporated.
- 6 Stir in apple cider vinegar and season with additional salt and pepper. Serve immediately. Serves 4.

Roasted Root Vegetables

Ingredients:

1-2 onions, halved and quartered
6-8 small red potatoes, washed and cut in half
2 beets, peeled, halved and quartered
2 turnips, peeled, halved and quartered
1/4 cup olive oil or canola oil
Salt and pepper to taste
1 tsp. rosemary

- 1 Heat oven to 400°.
- 2 Place all vegetables in a large bowl, add the olive oil, and use your hands to coat each slice with oil.
- 3 Spread the veggies on a large baking sheet with a rim and sprinkle them with salt, pepper and rosemary.
- 4 Roast the vegetables for 45 minutes until they are tender and golden brown.