

Roasted Brussels Sprouts and Potatoes

From the American Institute for Cancer Research (AICR)

<http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes>

Ingredients

- ¾ lb. Brussels sprouts, preferably large
- 2 small onions
- 1 Tbs. extra virgin olive oil, divided
- ¾ lb. small potatoes, preferably 2 inches or smaller diameter
- Salt and ground black pepper

Instructions

1. Preheat oven to 400 degrees F.
2. Remove tough outer leaves from sprouts and cut crosswise into 3-4 rounds about ½-inch thick.
3. Halve onions and cut crosswise into very thin slices.
4. In medium bowl, combine sprouts and onions, 2 tsp. oil, and ½ tsp. salt. Mix to coat. Spread them on foil-covered baking sheet.
5. In same bowl, mix potatoes with remaining 1 tsp. oil. Place on second baking sheet.
6. Place both baking sheets in oven. Bake sprouts for 15 minutes, stir once, and continue baking until tender (about 10-15 more minutes).
7. Bake potatoes for 30 minutes, or until a knife pierces larger ones easily.
8. Transfer potatoes to cutting board and cut crosswise into ½-inch slices.
9. Combine potatoes and sprouts. Season to taste with salt and pepper. Serve.

Makes 4 servings

Nutrition information per serving:

Calories	150
Carbohydrate	24 g
Dietary Fiber	6 g
Protein	4 g
Total Fat	4 g
Saturated Fat	0.5 g
Sodium	30 mg

