

Roasted Brussels Sprouts

with Pancetta, Balsamic, & Pecorino Romano



Serves 4

Brussels sprouts are taking tables by storm, and our spin will have even the kids coming back for seconds. We roast them until tender, toss them with diced pancetta and toasted hazelnuts, then finish with a sprinkling of Pecorino Romano.

Ingredients

- Brussels sprouts
- Diced pancetta
- Toasted hazelnuts *Contains: tree nuts*
- Pecorino Romano cheese *Contains: milk*
- Balsamic glaze *Contains: sulfites*

Tools & Pantry

- Baking sheet & aluminum foil
- Kitchen knife & cutting board
- Small heat-proof bowl
- Spatula
- Cooking spoon
- Oven mitt
- Salt, pepper, & cooking oil

Total time range: 25-30 min (Prep: 5-10 min, Cook: 20 min)

Preheat the oven: 400°F conventional (*for convection, use 375°F*)

Prepare a baking sheet: Line with aluminum foil & lightly grease

Rinse your produce: Gently pat dry

- 1 Spread the **diced pancetta** onto the prepared baking sheet. Place into the oven for 5-6 min, or until lightly browned and crispy.
- 2 Meanwhile, trim off the bottoms from the **Brussels sprouts**, then cut in half lengthwise.
- 3 Roughly chop the **toasted hazelnuts**.
- 4 **Carefully** remove the pancetta from the oven and transfer to a small heat-proof bowl. Place the Brussels sprouts onto the baking sheet and drizzle with 1 tbsp. of cooking oil. Toss with the rendered fat from the pancetta, then spread in an even layer and lightly season with salt and pepper. Place into the oven for 8 min.
- 5 Stir the Brussels sprouts and sprinkle with **half** of the **Pecorino Romano cheese**. Continue to cook for 5-7 min, or until tender and lightly browned. **Carefully** remove from the oven.
- 6 Transfer the Brussels sprouts to a serving bowl. Add the pancetta and hazelnuts, drizzle with the **balsamic glaze**, and gently mix to combine. Sprinkle the remaining cheese over the top.



Contains: Milk, Tree Nuts (hazelnut), Sulfites.

Nutrition: Calories: 340, Protein: 13g, Fiber: 8g (29% DV), Total Fat: 25g (32% DV), Saturated Fat: 8g (40% DV), Cholesterol: 25mg (8% DV), Sodium: 540mg (23% DV), Carbohydrates: 21g (8% DV), Total Sugars: 8g, Added Sugars: 3g (6% DV). Not a significant source of trans fat.

Packed in a facility that handles all 9 major food allergens and gluten. Protein should be cooked to the minimum internal temperature as recommended by the USDA.