

ROASTED BRUSSEL SPROUTS & PEARS & PISTACHIOS (4 servings)

Ingredients

- 1 pound Brussel sprouts, cut in half lengthwise
- 3 T olive oil
- ½ tsp salt
- 6 grinds of black pepper
- 1 Bosc pear, halved lengthwise and cored
- ¼ cup shelled pistachios, shelled and chopped coarsely
- Juice from ½ large lemon

Directions

1. Preheat oven to 425. Put prepared sprouts and add olive oil, salt and pepper. Mix together with clean hands. Place pear halves cut side down on sheet, making sure they have oil on their cut surfaces.
2. Roast sprouts and pears about 20 minutes, then turn sprouts with metal spatula so both sides get carmelized. Check the pear as it may not be carmelized at this point.
3. After another 10 minutes turn the sprouts again. Flip the pear. Reduce oven to 375.
4. Add pistachios just to heat up and toast them slightly.
5. After 5 minutes, remove baking sheet from oven. Squeeze lemon juice over all ingredients. Chop up the pear halves and toss everything together.