

Balsamic-Glazed Brussels Sprouts

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Vegetable Oil

4 MEEZ CONTAINERS

Brussels Sprouts
Balsamic
Vinaigrette
Almonds
Cheese

Make This Meal Your Own

If you want to add a salty layer, pancetta would be great in this.

Want to get a jump on dinner? Make this recipe a day in advance and serve cold.

Good to Know

If you're making the vegan version, we've left out the cheese. Try sprinkling a second salted nut to add a great contrast.

Health Snapshot per serving (serves 2 to 3)

280 Calories, 15g Fat, 26g Carbs, 14g Protein,
9 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brussels Sprouts, Parmesan Cheese, Almonds, White Balsamic Vinegar,
White Wine, Brown Sugar, Herbs

meezmeals

1. **Getting Started**

Preheat your oven to 450.

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper, and give it all a good toss. Arrange in a single layer and bake until golden brown in places, 15 to 25 minutes.

3. **Put It All Together**

Top the Brussels sprouts with **Balsamic Vinaigrette** and **Almonds** and mix. Sprinkle the **Cheese** on top and bake until the cheese is lightly browned, about 5 more minutes. Serve and enjoy!

Love this recipe? #meezmagic

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