

## **Brussels Sprouts with Dijon Mustard and Walnuts**

1 pound Brussels Sprouts  
1 Tbsp Dijon Mustard  
2 tsp olive oil  
2 tsp white wine vinegar  
1 glove garlic, minced  
¼ cup finely chopped white onion  
2 Tbsp pecans halved

Wash sprouts and cut in half. Steam Brussels sprouts for about 15 minutes or until slightly tender, but not completely cooked through. In separate bowl, combine remaining ingredients. Add Brussels sprouts and coat evenly. Spread evenly on baking sheet and place in oven for about 3-5 minutes until golden brown and slightly crispy.

Meanwhile, heat small sauté pan. Add pecans and dry roast for about 2 minutes until golden brown. Remove immediately, add to Brussels sprouts and serve.

Serves 4.

**Calories 110 Fat 5g Sat Fat 0.5 Carbohydrate 10g Fiber 5g Protein 3g Sodium 125mg**