



Connecting schools and students  
with local farms and fresh,  
nutritious foods!

---

Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165  
p: (315) 539-9251 • e: [seneca@cornell.edu](mailto:seneca@cornell.edu) • [www.senecacountycce.org](http://www.senecacountycce.org) • Follow us   

---



**Building Strong and Vibrant New York Communities**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

# F2S Honey Balsamic Roasted Brussels Sprouts

(Servings: 6)

## Ingredients:

- 1 1/2 lbs Brussels Sprouts
- 3 Tbsp Olive Oil
- 3/4 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 2 Tbsp Balsamic Vinegar
- 2 tsp Honey



## Instructions:

1. Preheat oven to 425 F.
2. Trim bottoms and slice sprouts lengthwise.
3. Toss sprouts with 2 Tbsp olive oil, salt, and pepper.
4. Roast until tender and caramelized, about 20 minutes.
5. Top with remaining 1 Tbsp olive oil, balsamic vinegar, and honey. Coat well.
6. Makes six 1 cup servings.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 451mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: [keviniscooking.com](http://keviniscooking.com)