



Roasted Brussels Sprouts w/ a Balsamic Creole Honey Mustard

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Beautifully roasted brussels sprouts with an incredible dressing makes these healthy veggies the perfect side dish to any meal.

Ingredients:

- 1 lb brussels sprouts, halved
- ½ red onion, sliced
- 1 Tbsp olive oil
- 1 ½ tsp [Slap Ya Mama Low Sodium Blend Seasoning](#)
- 1 ½ Tbsp balsamic vinegar
- 2 tsp honey
- 1 ½ tsp creole mustard

Directions:

Preheat oven at 425 degrees F.

In a large bowl, mix together brussels sprouts, onions, olive oil and Slap Ya Mama Low Sodium Blend Seasoning. Spread evenly into an oven safe skillet or baking sheet.

Roast for 25 to 30 minutes, stirring only once. The brussels sprouts should be tender and slightly browned. Remove from heat.

In a small bowl, mix together balsamic vinegar, honey and creole mustard. Drizzle over roasted brussels sprouts and gently mix. Serve and enjoy!

Servings: 4