

# Crispy Brussel Sprouts

Giacomo actually came up with this recipe and I think what makes it so unique is that he peels the layers off the sprouts so you get these paper thin pieces that crisp up beautifully with all of the other ingredients.



PREP TIME

20 mins

COOK TIME

50 mins

TOTAL TIME

1 hr 10 mins



COURSE

Dinner, Gluten Free, Lunch, Sides, Vegetables



SERVINGS

5 cups

CALORIES

113 kcal

## INGREDIENTS

- 1 lb Brussel Sprouts
- 1 small white onion sliced thin
- 1/4 c Walnuts chopped
- 1/3 c craisins
- 1/2 c TVP
- 2 Tbsp soy sauce or tamari
- 2 tsp liquid smoke

## INSTRUCTIONS

1. Preheat your oven to 400°F/204°C.
2. Peel as many leaves off your brussel sprouts as you can. No need to go crazy. Once you get several layers off, chop the remaining brussel sprout.
3. In a small bowl, mix the soy sauce and liquid smoke. Add the TVP to the bowl and add enough water to cover. Let sit for 5 minutes.
4. In a large bowl, mix shredded brussel sprouts, sliced onion, craisins and chopped walnuts.
5. Drain the liquid off the TVP and toss this in the large bowl as well.

6. Place the mixture in a large baking dish and cover with foil.
7. Roast in the oven for 35 minutes. Then uncover, stir and roast for another 15 minutes uncovered.

## NUTRITION

### Nutrition Facts

Crispy Brussel Sprouts

Amount Per Serving	
<b>Calories</b>	113
Calories from Fat	36
% Daily Value*	
<b>Fat</b>	4g
Saturated Fat	0.4g
Polyunsaturated Fat	3g
Monounsaturated Fat	1g
<b>Sodium</b>	24mg
<b>Potassium</b>	619mg
<b>Carbohydrates</b>	12g
Fiber	5g
Sugar	3g
<b>Protein</b>	9g
<b>Vitamin A</b>	700IU
<b>Vitamin C</b>	106.4mg
<b>Calcium</b>	70mg
<b>Iron</b>	2.5mg

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!