



## FIXATE RECIPES

### SESAME PEANUT BRUSSELS SPROUTS

Serves: 4 (approx.  $\frac{3}{4}$  cup each)

GF V VG

Total Time: 30 min.

Prep Time: 5 min.

Cooking Time: 25 min.

|         |  |                    |   |
|---------|--|--------------------|---|
| 4 cups  | brussels sprouts, stems trimmed, cut in half | 1 tsp.             | reduced-sodium tamari soy sauce                             |
| 1 Tbsp. | toasted sesame oil                           | $\frac{1}{2}$ tsp. | sea salt (or Himalayan salt)                                |
| 1 Tbsp. | all-natural peanut butter                    | 1 tsp.             | sriracha sauce (optional)                                   |
| 2 tsp.  | rice vinegar (or vinegar of choice)          | 2 tsp.             | minced dried garlic (or 1 tsp. finely chopped fresh garlic) |
| 2 tsp.  | pure maple syrup                             |                    |   |

**SPECIAL EQUIPMENT:** Nonstick cooking spray

1. Preheat oven to 400° F.
2. Lightly coat a baking sheet with spray; set aside.
3. Add brussels sprouts and oil to a large bowl; toss to combine. Spread evenly on prepared baking sheet; bake for 20 to 25 minutes, or until tender-crisp and lightly charred around edges.
4. To make dressing, add peanut butter, vinegar, maple syrup, soy sauce, and salt to a medium bowl; add sriracha (if desired). Whisk to combine; set aside.
5. Add brussels sprouts, dressing, and garlic to a large bowl; toss to coat. Serve warm.

#### Nutritional Information (per serving):

|                |     |                |       |          |     |
|----------------|-----|----------------|-------|----------|-----|
| Calories:      | 105 | Cholesterol:   | 0 mg  | Fiber:   | 4 g |
| Total Fat:     | 6 g | Sodium:        | 90 mg | Sugars:  | 4 g |
| Saturated Fat: | 1 g | Carbohydrates: | 12 g  | Protein: | 4 g |



Container Equivalents (per serving)

■ 1 — 1½

Vegan Container Equivalents (per serving)

■ 1 — 1½

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.