

# Roasted Brussels Sprouts

*Pair with Napa Valley Quilt Cabernet Sauvignon*

## Ingredients:

- 1 pound of brussels sprouts, quartered
- 1 pound of honeycrisp apples, chopped about the size of brussels sprouts (keeping skins on)
- 2 shallots, chopped or wheels
- ¼ cups pomegranates
- ¼ cups crumbled Blue cheese
- 2 sprigs of fresh thyme, minced
- 1 tbsp honey
- 2 tbsp olive oil
- Salt and pepper to taste
- Optional: Bacon

## Instructions:

- Preheat oven to 400 degrees.
- Spread out brussels sprouts and apples onto a baking sheet. Drizzle with oil, salt, pepper, and minced thyme. Put in the oven for about 10-15 minutes until visibly browned.
- In a saute pan over medium/high heat, heat olive oil for a few minutes before adding shallots with salt, pepper, and minced thyme.
- Keep moving the shallots until they become translucent and crispy, then remove from the stovetop and transfer to a plate.
- Put the saute pan on medium/high heat again with a little olive oil, and then add the brussels sprouts until they get a nice char. Then add the apples and shallots back in and add 1 tbsp of honey.
- Turn off the heat and toss with pomegranates.
- Transfer everything to a serving dish and garnish with blue cheese.

## Tips:

- This dish can be served at room temperature, though if you'd like to serve warm: reheat in an oven set to 250 degrees for 10 minutes just before serving. Add blue cheese after reheating.
- This dish goes well with bacon! Add to the saute pan when cooking the shallots, or serve on the side.

## Tools Needed:

- Baking sheet
- Saute pan
- Knife & cutting board

- Oven
- Stovetop