

Recipes  
from the

# VEGGIE MOBILE®

Produce Aisle On Wheels

Maple Glazed Brussels Sprouts & Apples

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## Ingredients:

- 1lb Brussels Sprouts, sliced
- 2 Apples, cubed
- 1 Tbsp of olive oil
- 2 Tbsp of maple syrup
- Salt & Pepper

## Directions:

1. Preheat oven to 400 degrees
2. Wash and cut apple
3. Wash and slice brussels sprouts
4. Coat apples and brussels sprouts with olive oil and maple syrup.
5. Bake for 20-25 minutes, flipping half way through
6. Serve warm

Enjoy!

### *Who knew?*

**Brussels sprouts** are a member of the **cabbage family**. They are also a good source of **fiber** and **protein**!



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