

Pan-seared Brussels Sprouts with Cranberries & Pecans

Adapted from recipe by Rachel Schultz

Ingredients

1 pound brussels sprouts, de-stemmed and halved

¾ cup fresh cranberries

½ cup gorgonzola cheese, crumbled

½ cup pecans

2 cups cooked quinoa

2 tablespoon maple syrup

1 tablespoon Rubi Reds Cranberry/Raspberry Balsamic Vinegar or any basic Balsamic Vinegar

Grapeseed Oil or Olive oil

Salt & pepper



Instructions

1. Heat skillet with drizzling of oil over medium heat. Season brussels sprouts with salt & pepper .
2. Cook sprouts and for 8-10 minutes, add fresh berries and cook 5-8 more minutes until berries begin to burst and sprouts become tender. Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.
3. Toss quinoa (warm or cold), sprouts, cranberries, and pecans in a large bowl. Top with gorgonzola and serve.

Serves: 3-4