Brussels Sprouts
Serves 4

Ingredients:
• 1 pound Brussels sprouts, destemmed and cut in half
• 1/2 cup cranberries, dried
• 1/3 cup pecans
• 1/3 cup feta cheese
• 1 Tablespoon balsamic vinegar
• 1 Tablespoon maple syrup
• 1 Tablespoon olive oil
• ½ tsp. pepper

Directions:
1. Heat brussels sprouts and olive oil in large non-stick pan. Add pepper and cook for about 8 minutes.
2. Add balsamic vinegar and maple syrup and stir until completely coated. Take off heat.
3. Combine cranberries, pecans, and feta cheese in a large bowl. Serve.

Nutrition Information:
Calories: 158, Fat: 9 g, Carbohydrate: 16 g, Fiber: 5 g, Protein: 6 g