

Oven-Roasted Brussels Sprouts with Maple-Mustard-Cayenne Glaze

(Adapted from Leafy Greens and Me, and What Would Cathy Eat?)

1 lb (approx.) fresh organic brussels sprouts, stem ends pared and halved or quartered, smallest ones left whole)

4 T olive oil

sea salt and black pepper (pref. freshly cracked) to taste

1/4 tea or generous dash of cayenne pepper, or to taste (optional)

1/4 Grade B maple syrup

organic stoneground mustard (coarsely-ground) to taste (about 1 T)

1 T extra-virgin olive oil

juice of 1/4 freshly squeezed lemon

1/4 medium-sized yellow or white onion, chopped

Preheat oven to 425 degrees F; lightly oil a baking tray. Trim and half or quarter, depending on size, the brussels sprouts; leave smallest ones whole. Toss in a bowl with olive oil to coat, then sprinkle with the salt pepper and cayenne. If any leaves came off the sprouts during the trimming process, add them to the bowl.

Spread sprouts on tray, place on rack in center of oven and bake for 10-15 minutes or until fork-tender and slightly crisp on the outer leaves; turn 2-3 times during cooking

process to bake evenly. (Any loose leaves tend to cook quickest and become tasty little miniature chips.)

In the meantime combine remaining ingredients for the glaze, emulsify until thoroughly blended and opaque. When sprouts are tender, remove from oven and turn temperature down to 375 degrees. Pour enough glaze over the sprouts to coat thoroughly when tossed on tray, but don't "drown" them; store any remaining glaze in the fridge for another time. Return tray to the oven and bake for an additional 5 minutes or until slightly crisped to your liking. Serves four as a side dish. *-Janice Janostak-*

Variation: Gina White adds freshly-squeezed organic orange or mandarin juice, plus finely-grated zest to the marinade.

Note: Replace cayenne with fresh hot red pepper, finely chopped, or dried pepper flakes if desired.