

Brussels Sprouts with Lemon-Yogurt Sauce

This side dish combines wonderful classic flavors: savory roasted Brussels sprouts with the tartness of lemon juice and creaminess of yogurt—it is lovely. It is also packed with brain supporting nutrients and fats.

Prep Time: 10-15 minutes **Roasting Time:** 25 minutes **Serves:** Four

Ingredients:

3 tablespoons extra-virgin olive oil

1 teaspoon Italian herb seasoning

½ teaspoon sea salt

¼ teaspoon ground black pepper

½ teaspoon ground paprika

1 ½ pounds Brussels sprouts (6 cups or 680 grams), stems trimmed, sliced in half lengthwise

½ medium red onion, sliced into long thin strips

Sauce:

½ medium organic lemon, grated zest and juice

¼ cup organic, low-fat yogurt

½ teaspoon sesame seeds

Directions:

Preheat oven to 375° (F). In a large bowl, combine olive oil, Italian herbs, salt, black pepper, and paprika. Add Brussels sprouts and toss until evenly coated with oil and herbs. Transfer Brussels sprouts to a roasting pan. Roast in the oven on the middle rack for 20 minutes. Switch to broil and heat for another 5 minutes, until lightly golden, but not heavily browned.

Meanwhile, whisk lemon juice, lemon zest, and yogurt together until creamy.

Serve Brussels sprouts on a plate, drizzle sauce over them. Garnish with sesame seeds.

Enjoy,

Steven Masley, MD