

Ancho Chile-Lime Brussels Sprouts

*Julie Miltenberger
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Servings: 8

*2 1/2 pounds Brussels sprouts
1/4 cup extra-virgin olive oil
2 teaspoons ancho chile powder
3/4 teaspoon salt
1/4 cup pumpkin seeds (pepitas)
1/2 cup cilantro, roughly chopped
2 tablespoons crumbled cotija cheese
OR grated Parmesan cheese
3 tablespoons lime juice*

Preparation Time: 15 minutes**Roast Time: 20 minutes**

Preheat the oven to 425 degrees.

Trim the Brussels sprouts and cut in half. On a rimmed baking sheet, toss the Brussels sprouts with three tablespoons of the olive oil, the chile powder and 1/2 teaspoon of salt.

Roast for 15 minutes.

Stir in the pumpkin seeds, one tablespoon of the oil and 1/4 teaspoon of salt.

Roast for 5 minutes until tender.

Toss the Brussels sprouts with cilantro, the cheese and lime juice.

Per Serving (excluding unknown items): 121 Calories; 7g Fat (47.8% calories from fat); 5g Protein; 13g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat.