

Smashed Brussels Sprouts with Lemon Tahini Sauce

www.PlatingsAndPairings.com

2 pounds Brussels sprouts
2 tablespoons extra virgin olive oil
1 teaspoon cumin
salt (to taste)
pepper (to taste)
sesame seeds (for sprinkling)
LEMON TAHINI DRESSING
1/2 cup tahini
1/3 cup basil, loosely packed
1/4 cup lemon juice
1/4 cup water
2 cloves garlic
1 tablespoon extra virgin olive oil
salt (to taste)
pepper (to taste)

Preparation Time: 10 minutes

Cook Time: 40 minutes

Preheat the oven to 450 degrees. Bring a large pot of salted water to a boil.

Trim the root ends of the Brussels sprouts. Discard any loose leaves.

Once the water is boiling, add the Brussels sprouts. Cook for 10 to 15 minutes, until tender. Drain. Add the sprouts to a bowl of ice water to cool.

Using a clean dish towel, flatten the cooled Brussels sprouts to 1/2 inch thickness.

Place on a parchment paper-lined baking sheet.

Drizzle with olive oil. Sprinkle with cumin. Season with salt and pepper.

Roast until crisp and deep brown around the edges, about 30 minutes, flipping over when halfway through.

Meanwhile, make the Lemon Tahini Sauce: In a high powered blender, combine all of the ingredients. Blend on high until you have a smooth, creamy sauce. Add up to 1/4 cup more water (blending again to incorporate) until you get the thickness that you like. Season with salt and pepper, to taste.

Per Serving (excluding unknown items): 1515 Calories; 108g Fat (58.5% calories from fat); 52g Protein; 121g Carbohydrate; 52g Dietary Fiber; 0mg Cholesterol; 357mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 14 Vegetable; 1/2 Fruit; 20 Fat.