



Honey Seared Brussel Sprouts

Ingredients:

- 10-15 Brussels sprouts- ends cut off and sliced vertically in half or thirds
- 2 tbs butter or oil
- 1/2 tsp salt
- 2 tbs honey



Directions:

- Melt butter or oil in cast iron or stainless-steel pan.
- Add sprouts with cut sides down.
- Don't fuss them! Let the pan do the work of searing.
- Turn sprouts over and sear on the other side.
- Add salt and honey and toss to coat on all sides.
- Serve.

They are very high in fiber, Vitamin C, Vitamin K and Vitamin A!



Ginger Soy Roasted Carrots

Ingredients:

- 1 pound carrots, peeled
- ¼ cup honey
- ¼ cup olive oil
- 1 tablespoon soy sauce
- 1-2 garlic cloves, minced
- 2 tsp fresh ginger, grated
- 1 tablespoon brown sugar
- Salt and pepper to taste
- Sesame seeds or fresh parsley for garnish (optional)



Directions:

- Preheat the oven to 400 degrees.
- Spray a baking sheet with non-stick cooking spray or coat with olive oil.
- In a small bowl, mix the oil, honey, ginger, garlic, soy, salt and pepper.
- Toss the carrots in the mixture on the pan.
- Bake for 20-25 minutes turning once during cooking.
- Sprinkle with sesame seeds or parsley right before serving.

They are very high in fiber, Vitamin A and beta-carotene!