

# And The Winner Is...

The votes are in and we are excited to announce that Traci R., with her recommendation of this recipe, is the winner of our Seasonal Side Dish contest!

## Mouth Watering Crispy Brussels Sprouts



### Ingredients

2 pounds Brussels sprouts, trimmed, halved, outer leaves removed (6 cups prepped)

2 Tablespoons coconut oil, melted or olive oil, plus more for serving

1 teaspoon dry Harissa spice blend

3/4 teaspoon fine sea salt

Freshly ground black pepper, to taste

### Instructions

Preheat the oven to 400F and line a large baking sheet with parchment paper. With a paring knife, trim off the ends of the sprouts, then slice in half lengthwise, and pick off any loose outer leaves. Place the prepped sprouts into a large bowl. Add the oil onto the sprouts in the bowl and stir or toss with hands until thoroughly coated. Add the Harissa and salt, and stir until combined. Spread the Brussels sprouts onto the

prepared baking sheet in a uniform layer. Garnish with freshly ground black pepper. Roast the sprouts for 20 minutes, then flip with spatula, and continue roasting for another 5-15 minutes until browned to your liking. I tend to “overcook” these because I like them crispy and charred (I usually brown mine more than the photos show). Smaller sprouts will brown faster than larger ones. Drizzle with a teaspoon or so of melted coconut oil and quickly toss to coat. This infuses with flavor and moistens them a bit after roasting. Sometimes I also sprinkle on toasted sesame seeds if I have some on hand. Taste and add another tiny pinch of salt, if desired, and serve immediately – the hotter the better. (Recipe from Oh She Glows.)

**Congratulations Traci!** We sincerely hope you enjoy your copy of Gemmotherapy for Everyone: An Introduction To Acute Care!

