

# Balsamic Roasted Brussel Sprouts and Quinoa

Brussel sprouts are gross! Why would you write a recipe about them? Just because you couldn't stand brussel sprouts as a child doesn't mean that they can't be delicious today. As we age our palette grows, and this recipe is so delicious it might trick your taste buds anyway.

This preparation of brussel sprouts is fairly common. This recipe utilizes our Pastamore Traditional Barrel Aged Balsamic Vinegar. With the addition of some olive oil, salt, and black pepper these brussel sprouts are sweet and delicious. This recipe also utilizes our new favorite grain, quinoa. If you haven't started cooking with it yet then you are missing out!

## Ingredients:

Servings - 4

1.5 Cups - quinoa

3 cups - vegetable stock

1 Tbsp - Pastamore Roasted Garlic Balsamic Dipping Oil

.5 lb - fresh green beans

1/2 - shallot, minced

1 lb - brussel sprouts

1 Tbsp - Pastamore Traditional Barrel Aged Balsamic Vinegar

1 Tbsp - olive oil

To taste - salt and black pepper

## Directions:

1. Preheat oven to 400°F. Cut ends off of brussel sprouts, and remove any yellow or loose leaves. Cut the brussel sprouts in half, and place them to the side. In a large mixing bowl add the Pastamore Traditional Barrel Aged Balsamic Vinegar. Slowly drizzle the olive oil into the vinegar, using a whisk to fully incorporate the oil (creating an emulsion). Add the brussel sprouts to the mixing bowl, season with salt and black pepper, and mix until they are evenly coated. Place onto a baking sheet or into a baking dish, and place into the preheated oven. Cook time will take 30-40 minutes. The brussel sprouts should be tender on the inside and crispy on the outside.

2. 10 minutes after the brussel sprouts have been in the oven, prep the shallot and green beans. Remove any stems from the green beans, and cut them into 1" long pieces. Mince the shallot. Place the quinoa into a fine strainer and rinse under water for 2 minutes.

3. Place the quinoa and the vegetable stock into a medium sized pot. Bring to a boil, and then reduce to a simmer. Add the shallot and allow to cook for 5-8 minutes. Add the green beans, and mix well.

4. The quinoa will be done when all of the liquid has been absorbed, and the germ ring is visible on the sides of the grains. If it is not present, add more water and cook for a few more minutes. Remove from the heat, and add the Pastamore Roasted Garlic Balsamic Dipping Oil. Mix well.

5. Plate the quinoa and brussel sprouts. Garnish with a drizzle of Pastamore Traditional Barrel Aged Balsamic Vinegar.