





Grilled Brussel Sprouts Recipe

INGREDIENTS

1 lb. brussels sprouts, halved
3 tbsp. CO-OP Gold Olive Oil 100% Extra Virgin 
1/4 c. CO-OP Gold Pure Balsamic Vinegar 
1 tbsp. CO-Op Gold Natural Honey 
1 tbsp. CO-OP Gold Gourmet Mustard Smooth Dijon 
1/2 tsp. crushed red pepper flakes
Kosher salt 1/2 c.
Freshly grated Parmesan, for garnish

DIRECTIONS

1. Heat grill to high. In a large bowl, combine brussels sprouts, olive oil, vinegar, honey, mustard, and red pepper flakes and season with salt.
2. Thread sprouts onto metal skewers. Grill, turning frequently, until sprouts are tender and cooked through, about 10 minutes. Garnish with Parmesan before serving.

<https://www.delish.com/cooking/recipe-ideas/a54468/grilled-brussels-sprouts-recipe/>







Grilled Brussels Sprouts Salad With Maple-Balsamic


Vinaigrette

Ingredients

For the dressing:

- 2 Tbsp CO-OP Gold Olive Oil 100% Extra Virgin 
 - 2 Tbsp CO-OP Gold Pure Balsamic Vinegar 
 - 1 Tbsp CO-OP Gold Maple Syrup 
 - 1 tsp . CO-OP Gold Gourmet Mustard Smooth Dijon 
- salt and pepper to taste

Everything Else

- 1 Tbsp olive oil
- 12 oz Brussel sprouts trimmed
- dash of salt and pepper
- 1 shallot thinly sliced
- 1/4 cup CO-OP Gold Cranberries Dried 
- 1/4 cup pecans
- 1/4 cup crumbled gorgonzola
- 1 apple
- squeeze from 1/2 lemon



Instructions

1. Toss Brussels sprouts with 1 Tbsp olive oil and a dash of salt and pepper. Transfer to prepared flat grill baking sheet and place on grill for 30 minutes or until crispy on the outside. Remove from grill and let cool.
2. Meanwhile, make the dressing by whisking together the olive oil, vinegar, maple syrup, and dijon mustard in a small bowl. Season to taste with salt and pepper.
3. Slice the apples into thin slices and toss with lemon juice.
4. Once the Brussels sprouts are cooled, slice them into thin strips. In a big salad bowl, toss together the Brussels sprouts, sliced shallots, dried cranberries, pecans, Gorgonzola cheese, and chopped apples.
5. Pour dressing over the salad, toss, and serve right away.

<https://www.vegetarianventures.com/roasted-brussels-sprouts-salad-with-maple-balsamic-vinaigrette/>