

Shredded Brussels Sprouts & Quinoa Pilaf

Side dish for dinner, main course or as a lunch this meal will not disappoint. I recently roasted Brussels sprouts in the oven with coconut oil and salt. When the veggies came out of the oven I squeezed some lemon and drizzled apple cider vinegar on it. They were fantastic! The lemon is definitely important in this recipe; don't skip it. Enjoy!

xoxo,
Kristin

- 1) Crank up your oven to 425 degrees F.
- 2) Pour the Brussels sprouts, shallot, garlic, olive oil, lemon juice, curry powder, and salt into a baking dish and mix until everything is coated. Toss it in the oven until everything looks golden, about 20 minutes, stirring halfway through.
- 3) Let the Brussels sprouts cool for a couple minutes, then pour them into a medium bowl with the quinoa and chives (or green onions). Serve warm or let it chill in the fridge a bit. Best served the day it's made.

Recipe from Thug Kitchen 101, serves 2 to 4 as a side.