

Pan Seared Brussels Sprouts with Cranberries and Pecans

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 1/2 cup cranberries
- 1/3 cup feta cheese, crumbled
- 1/3 cup pecans
- 1/2 cup barley
- 1 tablespoon maple syrup
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- Salt and pepper

Directions

1. Prepare barley according to package instructions.
2. Heat Brussels sprouts and olive oil in a skillet over medium heat. Season with salt and pepper. Cook for 7 – 9 minutes.
3. Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.
4. Toss barley, sprouts, cranberries, and pecans in a large bowl.
5. Top with feta cheese.

Nutrition Facts

Serving Size (77g)
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Sugars 12g

Protein 6g

Vitamin A 4% • Vitamin C 10%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

