

Esquites-Style Roasted Brussels Sprouts

YIELD: 8 SERVINGS

Gluten-free
FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, omit the cotija cheese or replace with dairy-free alternative

INGREDIENTS

3 lbs Brussels sprouts, trimmed and halved

2 oz avocado oil

1 Tbsp salt, kosher

1 cup mayonnaise

1 lime, juiced

8 oz cotija cheese

½ tsp cayenne pepper

DIRECTIONS

1. Preheat oven to 350°F.
2. Toss Brussels sprouts (3 lbs), avocado oil (2 oz), and salt (1 Tbsp) in a large mixing bowl to coat evenly.
3. Lay Brussels sprouts in a single layer on a baking sheet, and place on the center rack of the oven.
4. Roast for 30 minutes or until Brussels sprouts are tender. Remove from the oven and allow to cool for about five minutes.
5. Place in a bowl and toss with mayonnaise (1 cup), lime juice, and half of the cotija cheese (4 oz).
6. Platter the dressed sprouts. Serve topped with remaining cotija cheese (4 oz) and cayenne pepper (½ tsp).



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NUTRITION FACTS

Serving size 1 (8.6oz)

Amount Per Serving	245g
Calories	345
	% Daily Value
Total Fat 0g	27.3%
Saturated Fat 7.3g	37%
Cholesterol 37mg	12%
Sodium 1243mg	52%
Total Carbohydrate 17g	6%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 13g	25%
Vitamin A	30%
Vitamin C	245%
Calcium	26%
Iron	15%