

JUNE 2019

# IF:TABLE RECIPE

## ROASTED FIGS AND BRUSSELS SPROUTS



### DIRECTIONS

*This delicious roasted vegetable dish will be great as a side or an entire meal.*

Preheat oven to 400 degrees F.

Toss the Brussels sprouts, onion, and figs with olive oil and lay on a baking sheet lined with parchment paper. Sprinkle with thyme leaves, salt, and pepper.

Roast for about 30–35 minutes, turning the Brussels sprouts at least once to evenly roast.

Once the Brussels sprouts and onions caramelize and the figs appear slightly shriveled, remove from the oven and coat with the aged balsamic vinegar.

### INGREDIENTS

**2** cups of Brussels sprouts, trimmed and halved

**1** small sweet onion, sliced

**8** figs, halved

**1 1/2** tablespoons olive oil

Leaves from **6** sprigs of thyme

Salt and pepper to taste

**1** tablespoon aged balsamic vinegar