

Roasted Brussels Sprouts with Fennel and Shiitake Mushrooms

ROASTING BRUSSELS SPROUTS CHANGES their dense texture and makes them soft and delicious, particularly when combined with these other caramelized vegetables. Brussels sprouts are a rich source of antioxidants and are desirable for their antibiotic and antiviral properties.

1½ pounds Brussels sprouts
4 shallots, quartered
10 garlic cloves, peeled
½ pound shiitake mushroom caps
1 large fennel bulb
¼ cup extra virgin olive oil
3 tablespoons balsamic vinegar
2 tablespoons fresh tarragon or rosemary
Coarse sea salt and freshly ground black pepper

Preheat to 425°F.

Prepare Brussels sprouts by cutting away tough root ends and removing any blemished outer leaves. Slice in half through the base and place in large bowl. Add shallots, garlic and mushroom caps.

Prepare fennel by trimming off dried root end and slicing bulb thinly crosswise. Add to vegetables and toss with remaining ingredients. Place in 9×12-inch glass or ceramic baking dish and roast uncovered 25 minutes. Stir vegetables and roast 25 minutes more. Remove from oven and serve.

SERVES 6