

Roasted Apples & Brussel Sprouts with Shiitake Bacon

Amy Symington

Preparation Time: 10 minutes
for 6 serving and 20 minutes for
24 serving

Cooking Time: 50 minutes

- Preheat oven to 400°F (205°C)
- Equipment: Baking sheets, parchment paper, aluminum foil

Ingredients

6 servings

3 lb brussel sprouts, ends removed and halved or quartered depending on size
4 large gala apples (800 g), large dice
¼ cup (60 ml) grapeseed oil
½ tsp each dried thyme and rosemary
1/2 tsp sea salt
3 lb shiitake mushrooms, stems removed, thinly sliced
1 tbsp (7 g) smoked paprika
3 tbsp (45 ml) maple syrup
4 ½ tsp (15 ml) tamari

Garnish

3 tbsp (20 g) blanched ground almonds
¼ tsp sea salt

24 servings

12 lb brussel sprouts, ends removed and halved or quartered depending on size
16 large gala apples (3.2 kg), large dice
1 cup (250 ml) grapeseed oil
2 tsp each dried thyme and rosemary
2 tsp sea salt
12 lb shiitake mushrooms, stems removed and thinly sliced
¼ cup (30 g) smoked paprika
¾ cup (180 ml) maple syrup
6 tbsp (90 ml) tamari

Garnish

¾ cup blanched ground almonds
1 tsp sea salt

Directions

1. Preheat oven to 400°F (205°C). Line baking sheets with parchment paper.
2. In a large bowl, combine brussel sprouts and apples, along with a half of the oil, thyme, rosemary, and salt. Toss together until brussel sprouts and apples are evenly coated.
3. Distribute onto a large baking pan(s) and cover with foil. Ensure that the pan(s) are not overcrowded. Bake for 15 minutes. Remove foil and continue to bake for another 35 minutes uncovered or until brussel sprouts are golden brown and crispy.
4. Meanwhile, place a medium sauté pan over medium-high heat. Once heated add remaining oil and mushrooms. Sauté until crispy and golden brown, about 8 to 10

minutes (or 15-17 minutes for 24 servings or do 24 serving of mushroom in batches). Stir in paprika, maple syrup, and tamari and sauté for another 2 minutes. Remove from heat and set aside.

5. In a small bowl, combine ground almonds and salt.
6. Remove brussel sprouts from oven, top with shitake bacon and sprinkle with ground almond mixture.

Tips:

- 1) For even baking, ensure the brussel sprouts and apples are similar in size.
- 2) To achieve the best results for crispy mushrooms, sauté in smaller batches to prevent overcrowding and steaming in the pan.

Nutritional Information

| Nutrition Facts | |
|---|---|
| Valeur nutritive | |
| Per 1 cup (615 g) par 1 tasse (615 g) | |
| Calories 380 | % Daily Value* % valeur quotidienne* |
| Fat / Lipides 13 g | 17 % |
| Saturated / saturés 1 g | 5 % |
| + Trans / trans 0 g | |
| Omega-3 / oméga-3 0.2 g | |
| Carbohydrate / Glucides 62 g | |
| Fibre / Fibres 18 g | 64 % |
| Sugars / Sucres 31 g | 31 % |
| Protein / Protéines 14 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 500 mg | 22 % |
| Potassium 1800 mg | 38 % |
| Calcium 125 mg | 10 % |
| Iron / Fer 5 mg | 28 % |
| Vitamin A / Vitamine A 100 mcg | 11 % |
| Vitamin C / Vitamine C 193 mg | 214 % |
| Vitamin E / Vitamine E 6 mg | 40 % |
| *5% or less is a little , 15% or more is a lot | |
| *5% ou moins c'est peu , 15% ou plus c'est beaucoup | |

Intro: The sweet, savoury and salty combination of this protein and fibre rich side dish is a good excuse to make a large batch for your next sit down meal. Cruciferous vegetables such as brussel sprouts are filled with anti-bacterial and anti-inflammatory properties and provide anti-cancer benefits including the protection of cells from DNA damage and the inhibition of tumour cell growth and migration.

Symbols: Good for both winter and summer, kid friendly, high protein, high fibre, bowel motility



Functional foods present: cruciferous vegetables (brussel sprouts), apples, mushrooms, nuts (almonds), dried herbs

Examples of phytonutrients and antioxidants present: flavonoids (apples, cruciferous vegetables), beta-glucan (mushrooms), carotenoids (dried herbs), vitamin E (nuts)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

"In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire."

– Amy Symington