



Caesar Brussels Sprouts with Pecans

by Stacey Francis, DC

For the Brussels Sprouts:

- 1 lb. Brussels sprouts, trimmed and cut in half
- 3 cloves garlic, crushed
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- ½ cup pecans
- ½ cup Caesar dressing

Preheat oven to 425°F. In a large bowl, toss Brussels sprouts with garlic, olive oil, sea salt, pepper, garlic powder, and pecans. Place on baking sheet and bake for 30 minutes. Add Caesar dressing and toss. Return to oven for 10 minutes.

For the Caesar Dressing:

- 1 organic egg at room temperature
- 1 cup olive oil
- ¼ cup grated Parmigiano-Reggiano cheese
- 2-4 cloves minced garlic
- 4 tablespoons Dijon mustard
- ½ teaspoon sea salt
- 1-2 anchovy fillets, optional

Combine all ingredients using an immersion blender or food processor. Keep refrigerated for up to one week.

Serves: 4.