

## Brussels Sprouts with Cranberries + Shallots

Recipe used and adapted with permission from [The Kitchen Ecosystem](#) by [Eugenia Bone](#)

*This is a beautiful, colorful dish that I love to serve at holiday dinners. When you blacken the Brussels sprouts, they become quite sweet, so the tart cranberries balance the dish well.*

### SERVES 4 AS A SIDE DISH

#### Ingredients

- 1 lb Brussels sprouts
- 3 Tbsp [olive oil](#)
- [Salt](#) + freshly ground black pepper
- 1 cup fresh cranberries
- ½ cup sliced shallots
- 2 tsp minced garlic (optional)
- Extra virgin olive oil, for garnish

#### Steps

- Preheat the broiler.
- Trim the scabby cut end of the Brussels sprouts and pull off any yellowed leaves. If the Brussels sprouts are large, halve them pole to pole (not along the equator of they'll fall apart).
- Bring a large pot of water to boil over high heat and add the Brussels sprouts. Boil until just tender, about 5 minutes. Drain and place on a baking sheet.
- Drizzle with 2 Tbsp olive oil and sprinkle with salt to taste. Broil for 8 or 9 minutes, until they are blackened on one side.
- Add cranberries, flip Brussels sprouts over, and continue broiling for another minute or two, just until cranberries crack open. Remove from broiler and set aside.
- In a small skillet, heat remaining 1 Tbsp olive oil over medium-high heat. Add shallots and garlic (if using) and cook until shallots are translucent, about 5 minutes.
- To assemble the dish, *gently* combine the Brussels sprouts and cranberries. If you are too rough with the mixture, the cranberries will bleed all over the Brussels sprouts: not very appetizing. Add a little salt to taste.
- Garnish with shallots and garlic (if using). Drizzle with a little extra virgin olive oil and a few grinds of black pepper.