



nAMI Walks

YOUR WAY

Foodie Friday



Maple Balsamic Roasted Brussels Sprouts

Here is a favorite dish for fall gatherings that pairs well with turkey or pork dishes. Brussels sprouts are high in fiber, vitamins, minerals and antioxidants, and can help make a positive impact on your overall health.

Cooking spray	¼ tsp freshly ground black pepper
2 pds uncooked brussels sprouts	3 Tbsp Balsamic vinegar
2 Tbsp extra-virgin olive oil	2 Tbsp Maple syrup
2 ¼ tsp kosher salt (divided)	

Directions: Preheat oven to 450 degrees F. Coat a large nonstick baking sheet with cooking spray. Slice brussels sprouts in half, if large; place on prepared baking sheet. Add oil, 2 tsp salt and pepper toss well to coat. Roast, stirring and rotating pan halfway through cooking, about 20 minutes. Combine balsamic vinegar, maple syrup and remaining 1/4 tsp salt in a small saucepan; set over medium-high heat. Boil, stirring frequently, until thick and syrupy, about 3 minutes. Spoon brussels sprout into a serving dish; drizzle with syrup mixture just before serving. Yields about a heaping 3/4 cup per serving. *(recipe from weightwatchers.com)*

NAMI Vermont Minute:

Trying new things can have positive benefits—it encourages you to grow, requires courage, keeps you from boredom, and you might just find something new you like! [Here's a great article about embracing new things.](#)

If you are looking for something new to do in your daily life, here's a thought - **VOLUNTEER for NAMI Vermont.** Volunteers help run our programs, help plan our special events, advocate at the local and state level, sit on the Board of Directors or join our committees. [If you'd like to try something new and volunteer with NAMI Vermont, click here to learn more!](#)