

GOAT CHEESE POMEGRANATE AND BRUSSELS SPROUTS BITES

Recipe via Apron Strings



TURN BRUSSELS SPROUTS LEAVES INTO A HEALTHY AND FESTIVE APPETIZERS WITH GOAT CHEESE AND POMEGRANATE ARILS.

PREP TIME: 5 minutes

TOTAL TIME: 5 minutes

INGREDIENTS

12 large Brussels sprouts
2 ounces goat cheese (plain or with added herbs)
3 tablespoons pomegranate arils
Optional: one teaspoon of honey or agave



DIRECTIONS

1. Bring a small pan of water to a boil. Remove 2 outer leaves from each of the Brussels sprouts and cut off excess stem end, forming a round cup shape. Blanch for one minute in boiling water and then remove and place in a bowl of cold water.
2. Fill each leaf with a little goat cheese and a few pomegranate arils. (Add a drop or two of honey or agave, if desired.) Serve.

NOTES FROM THE AUTHOR

Brussels sprouts leaves make the perfect tiny cups to hold festive holiday appetizers. This easy healthy app is ready in 5 minutes flat – and that includes the blanching! And, if you blanch Brussels sprouts leaves for one minute in boiling water, they turn bright green and look so pretty on a serving platter.

Holiday food – especially party food – can be so rich and heavy and high-calorie, and so these little bites are bright and light and even healthy! They are a burst of fresh, tart flavor for your holiday table.

<http://www.apronstringsblog.com/healthy-holiday-appetizers-goat-cheese-pomegranate-brussels-sprouts-bites/>