

## Brussels Sprouts with Spicy Tahini Drizzle



### Makes:

6 servings

### Utensil:

12" Electric Oil Core Skillet

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### Recipe:

### Contributed By:

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### Recipe Description:

Roasting vegetables stove top in the oil core skillet is so easy. Brussels sprouts get a flavor boost with Moroccan Harissa, a spicy red pepper condiment and tahini dressing. Sprinkle with fresh pomegranate seeds for a bright pop of color and flavor.

### Main Ingredients:

1 small  
red onion, medium dice  
2 lbs  
brussels sprouts, trimmed washed, cut large sprouts in 1/2  
lengthwise  
(3/4  
kg)  
1 tbsp  
olive oil  
(14  
g)  
1 tbsp  
lemon juice, fresh  
(15  
g)  
1 tsp  
cumin, ground  
(2  
g)

### Tahini Sauce

1/4  
cup tahini, ground (40 g) 1/4  
cup warm (60 ml) 2  
water 1/2 cup lemon juice, (3 g) 1  
fresh

1/2 cup harissa (16 g) pinch natural salt

### Optional:

1/2 cup pomegranate seeds (87 g) **Directions:**

- ¼ cup fresh parsley, (15 g) Preheat skillet to 375°F  
chopped / 190°C degrees.
2. Sauté onion and brussels sprouts for 4-6 minutes.
  3. In a small bowl combine olive oil, lemon juice, salt and cumin.
  4. Pour lemon juice mixture over Brussels sprouts, stir and cover with lid.
  5. When Vapo-Valve™ begins to click steadily turn heat down to 180°F / 80°C and cook for 12-15 minutes until Brussels sprouts are tender crisp.
  6. While Brussels sprouts are cooking combine tahini sauce ingredients in a small bowl and whisk thoroughly to combine.
  7. To serve drizzle a small amount of tahini sauce over the top and garnish with pomegranate seeds and chopped parsley.

#### Tips:

- Omit pomegranate seeds.
- Sprinkle Brussels sprouts with toasted sesame seeds for an added crunch.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 119  
**Total Fat:** 7g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 47mg  
**Total** 11g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 2g  
**Protein:** 5g