



Pan Seared Brussel Sprouts with Cranberries and Pecans

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Serves: 3-4

Ingredients

- 1 pound brussel sprouts, de-stemmed and halved
- $\frac{2}{3}$ cup fresh cranberries
- $\frac{1}{3}$ cup gorgonzola cheese, crumbled
- $\frac{1}{3}$ cup pecans
- 2 cups barley, cooked
- 1 tablespoon maple syrup
- 1 tablespoon balsamic vinegar
- Olive oil
- Salt & pepper

Instructions

1. Heat skillet with drizzling of olive oil over medium heat. Season brussels sprouts with salt & pepper and combine with cranberries in skillet.
2. Cook sprouts and cranberries for 8-10 minutes, until berries begin to burst and sprouts become tender. Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.
3. Toss barley, sprouts, cranberries, and pecans in a large bowl. Top with gorgonzola and serve.

Modified from [Cookie + Kate](#).