



Roasted Brussels Sprouts with Pear and Cranberries

Time: 30 minutes

¾ lb. Brussels sprouts, cut in half (about 2 cups)	1 Tbl. olive oil	1 Tbl. olive oil
1 pear, cored and cut into bite sized pieces	¼ lemon or lime	¼ lemon or lime
½ cup finely chopped yellow onion	½ Tbl. honey	½ Tbl. honey

2 Tbl. dried cranberries
Salt and pepper

- 1) Preheat the oven to 450°F. Line a rimmed baking sheet with foil and set aside.
- 2) Combine the brussels sprouts, pears and onions in a large bowl. Add the olive oil, salt and pepper. Toss to combine. Transfer to the baking sheet and bake for 25 minutes, or until the pears have caramelized. Toss half way through.
- 3) Remove pan from oven and squeeze lemon juice over the top. Drizzle honey over the top and top with cranberries. Stir. Serve while hot.

From iheartnaptime.net



Chunky Venezuelan Guasacaca

Time: 15 minutes

3 avocados	3-4 cloves garlic	3 avocados	3-4 cloves garlic
1 large onion	⅓ cup olive oil	1 large onion	⅓ cup olive oil
1 green pepper	¼ cup vinegar	1 green pepper	¼ cup vinegar
1 red pepper	¼ cup chopped parsley	1 red pepper	¼ cup chopped parsley
½ cup chopped tomato	Dash of salt	½ cup chopped tomato	Dash of salt
Dash Tabasco sauce, or any hot sauce	Dash of pepper	Dash Tabasco sauce, or any hot sauce	Dash of pepper

- 1) Mash one of the avocados. Chop the others and mix them with the mashed avocado in a bowl. Stir in the vinegar and olive oil.
- 2) Finely chop the red and green peppers, tomato, and the onion and add to the avocado. Mince the garlic and add to the mixture.
- 3) Season with salt, pepper, and Tabasco sauce to taste.

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