

Roasted Brussels Sprouts, Pears and Shallots with Lemon Basil Dressing

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total Time: 35-40 minutes Prep Time: 15 minutes Bake Time: 22-25 minutes

For 4-6 servings you'll need:

For the Brussels Sprout Mixture:

- 1 lb fresh Brussels sprouts (4 cups, halved)
- 2 medium pears
- 2 shallots or 1 small purple onion
- 1 Tbsp olive oil OR 2-3 Tbsp apple cider
- salt & pepper, to taste

For the Smoky, Crispy Coconut Bacon:

- 2 cups large flake unsweetened coconut
- 1 Tbsp toasted sesame oil (optional)
- 2 Tbsp tamari

- 1 tsp smoked paprika
- 2 Tbsp maple syrup
- 1/2 tsp liquid smoke, any flavor (I prefer mesquite)
- 1/2 tsp fine smoked salt
- 1/2 tsp freshly ground black pepper

For the Creamy Lemon Basil Dressing:

- 1/2 cup plain cashews soaked in hot water for 2 hrs, drained (save the water)
- 1/4 cup plus 1 Tbsp water (use the water the cashews were soaked in)
- 1/2 cup fresh basil leaves, washed & dried
- 1 head garlic, roasted @350 degrees for 40 minutes, or until tender OR 2 cloves raw garlic
- 1 large lemon, zest and juice
- 1/2 tsp cracked black pepper



- 1 tsp smoked salt or regular sea salt (optional)
- 1 Tbsp grainy or Dijon mustard (I prefer grainy mustard here)
- ¼ cup fortified nutritional yeast*
- 1-2 Tbsp white wine vinegar

* Fortified nutritional yeast is a good source of B vitamins, including vitamin B12. Not all brands of nutritional yeast are fortified, so check the label carefully. Nutritional yeast also lends some body and flavor to this dressing but is not absolutely necessary.

The Process for the Brussels Sprout Mixture:

1. To me, the glucosinolates taste stronger if the Brussels sprouts are not fully hydrated when prepared. This is easiest to do if you purchase them on the stalk. Simply cut about an inch off the bottom of the stalk (remove the bottom sprouts if needed) and soak the stalk upright in a pitcher or bucket of water for a couple of hours or overnight. Alternatively, if you purchase them loose cut a sliver off the bottom and soak them in a sink or bowl of cold water.
2. Preheat oven to 425 F. Cut the hydrated Brussels sprouts in half (or quarters if they're huge) and toss them in a large bowl.
3. Wash and core the pears, cur into small bite-size pieces. Add them to the bowl with the Brussels sprouts.
4. Slice the shallot (or red onion) into rings, add these to the bowl too.
5. Add the oil OR apple cider. Season with salt and pepper, toss to coat.
6. If using apple cider instead of oil, line pans with parchment paper (or foil).
7. Spread evenly onto your baking sheet, single layer. Don't overcrowd the pan or you'll end up steaming everything and they won't end up caramelized and crisp. For extra caramelization, flip each sprout so it's cut side down on the pan.
8. Reduce heat to 400F and bake 22-25 minutes or until slightly crisp, browned on the bottom, and just tender in the center.

The Process for the Smoky, Crispy Coconut Bacon: (this version is adapted from The Minimalist Baker)

I've tried this recipe both with and without the liquid smoke (which I usually don't care for) and think this small amount of liquid smoke does make a difference in the final product. Either way it's delicious, but I think it tastes more like bacon with the liquid smoke included, just don't add any more than the half teaspoon (unless you really love this flavor).

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	191
	% Daily Value*
Total Fat 8.6g	11%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 335mg	15%
Total Carbohydrate 26.3g	10%
Dietary Fiber 6.6g	23%
Total Sugars 9.5g	
Protein 6.9g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 4mg	22%
Potassium 619mg	13%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

1. Preheat oven to 325 F. Combine all ingredients in a medium bowl, toss to thoroughly coat.
2. Spread evenly onto a baking sheet, parchment paper is optional. Bake for 6 minutes, toss, then bake for another 5-7 minutes until evenly browned and crisp. Watch it carefully during that last couple of minutes to prevent burning (which can happen quickly!).
3. Cool for 10 minutes. It will become crispier as it cools.
4. If not using right away, cool completely and store in an airtight container at room temperature or in the freezer. If you're making this ahead, you may want to hide it... it's that good!

The process for the Creamy Lemon Basil Dressing:

1. Place all the ingredients in a high-powered blender. Blend until creamy and smooth, scraping down the sides if needed. Taste and adjust seasoning if

necessary.

2. Use ice cubes or additional water to thin, if desired. Makes about 1 cup.

4. Store in the refrigerator for up to a week.

Notes: Flavor can be adjusted by adding more acid (lemon juice or vinegar), more or different herbs (try cilantro, parsley or dill), a soaked Medjool date for sweetness or dried spices (try cumin, coriander, white pepper, oregano or smoked paprika). Start with a small amount and increase if needed. Once you've squeezed the roasted garlic out, you can save the "wrapper" to make a flavorful broth. Refrigerate it for up to a few days or freeze it until you're ready to use it. For a sharper garlic flavor, swap out the head of roasted garlic for two raw garlic cloves. The possibilities are endless!

To Assemble:

Spoon the Brussels sprout mixture into a serving dish, drizzle with some of the dressing and sprinkle with 1/4 cup of the Smoky Crispy Coconut Bacon. Serve with additional dressing and coconut bacon.

Nutrition information is for 1 cup of the Brussels sprout mixture, 2 Tbsp of dressing and 1.5 Tbsp of coconut bacon.

Be sure to show me what you make! Tag me #chefcatherinebrown - I LOVE seeing what you make!