

Roasted Brussels Sprouts with Blue Cheese Yogurt Dip

1 pound Brussels sprouts
1 tablespoon olive oil
salt and pepper



for the dip

2 ounces blue cheese, crumbled (I use Point Reyes Original Blue Cheese)
1/2 cup plain Greek yogurt (I use Straus Family Farms nonfat)
1 tablespoon minced chives
2 tablespoons lemon juice
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Preheat the oven to 400 degrees. Wash the Brussels sprouts and trim off the bottom and loose outer leaves. For medium to large-sized sprouts, cut them in half. If they are really tiny, you may want to leave them whole instead. Toss the sprouts in oil, salt, and pepper. Spread them over a baking sheet putting the cut side down. Slide the pan in the oven and roast for 15 minutes. Toss the Brussels sprouts and cook for 5 more minutes or until the outside begins to brown and the inside is cooked, but still firm.

Meanwhile, make the dip. Mix together all of the remaining ingredients. Taste and adjust the salt, pepper, and lemon juice to taste.

Serve the Brussels sprouts warm or at room temperature. If serving as an appetizer, toothpicks are helpful.