



Brussels Tots with Plum Sauce

INGREDIENTS (serving size: 8)

For the tots:

- 4 cups of Brussels sprouts, chopped
- 2 eggs, large
- ½ cup yellow onion, diced
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 1/3 cup quick cooking oats
- 2/3 cup parmesan cheese, grated

NUTRITION INFORMATION: 150 Calories; 3.5 grams Fat; 0.5 grams Saturated Fat; 10 mg Cholesterol; 140 mg Sodium; 27 grams Carbohydrates; 2 grams Fiber; 14 grams Sugar; 4 grams Protein

For plum sauce:

- 1 ½ cloves garlic, finely minced
- ½ teaspoon fresh ginger, finely minced
- 1/3 cup green onion finely chopped
- ¼ cup honey
- 2/3 cup water
- 1 teaspoon low-sodium teriyaki sauce
- 1 teaspoon low-sodium soy sauce
- 1/8 teaspoon chili flakes
- 4 plums, pitted and finely chopped
- 1 tablespoon fresh orange juice
- 1 teaspoon cornstarch
- 1 teaspoon water

DIRECTIONS

1. To make the Brussels: preheat the oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper. Place Brussels sprouts in food processor and pulse until flaked. Transfer flaked Brussels sprouts to a microwave-safe bowl and microwave on high for 4 minutes. Allow to cool. Return cooled Brussels sprouts to food processor, add eggs, diced onion, salt, ground pepper, garlic powder, onion powder, oats and parmesan cheese.
2. Blend until combined (approximately 2 minutes). Using a melon baller (or a spoon and your hands), form Brussels tots and place in a single layer on baking sheet. Bake until golden brown and crispy, about 20 to 25 minutes, turning Brussels tots halfway through baking time.
3. To make plum sauce: place garlic, ginger, green onion, honey, water, teriyaki sauce, soy sauce, chili pepper flakes, plums and orange juice in medium saucepan. Bring to a boil, then simmer for 30 minutes. Remove saucepan from heat and puree with stick blender to remove lumps. In a separate bowl, mix water and cornstarch to form a paste. Return saucepan to medium heat and add water and cornstarch paste. Stir to combine. Simmer 15 minutes or until thickened. Remove saucepan from heat and transfer sauce to a glass bowl. Refrigerate sauce for eight or more hours for best flavor.