**Foodie Friday**

**Maple Balsamic Roasted Brussels Sprouts**

Here is a favorite dish for fall gatherings that pairs well with turkey or pork dishes. Brussels sprouts are high in fiber, vitamins, minerals and antioxidants, and can help make a positive impact on your overall health.

- **Cooking spray**
- 2 pds uncooked brussels sprouts
- 2 Tbsp extra-virgin olive oil
- 2 ¼ tsp kosher salt (divided)
- ¼ tsp freshly ground black pepper
- 3 Tbsp Balsamic vinegar
- 2 Tbsp Maple syrup

**Directions:** Preheat oven to 450 degrees F. Coat a large nonstick baking sheet with cooking spray. Slice brussels sprouts in half, if large; place on prepared baking sheet. Add oil, 2 tsp salt and pepper toss well to coat. Roast, stirring and rotating pan halfway through cooking, about 20 minutes. Combine balsamic vinegar, maple syrup and remaining 1/4 tsp salt in a small saucepan; set over medium-high heat. Boil, stirring frequently, until thick and syrupy, about 3 minutes. Spoon brussels sprout into a serving dish; drizzle with syrup mixture just before serving. Yields about a heaping 3/4 cup per serving. *(recipe from weightwatchers.com)*

**NAMI Vermont Minute:**

Trying new things can have positive benefits—it encourages you to grow, requires courage, keeps you from boredom, and you might just find something new you like! [Here’s a great article about embracing new things](https://www.namivt.org/namivt-minute-new-things-for-fall).  

If you are looking for something new to do in your daily life, here’s a thought - try volunteering for NAMI Vermont. Volunteers help run our programs, help us plan our events, advocate at the local and state level, sit on the Board of Directors or join our committees. If you’d like to try something new and volunteer with NAMI Vermont, [click here to learn more](https://www.namivt.org/volunteer).