

Roasted Brussels Sprouts in Creamy Dijon Sauce

1 pound brussels sprouts cleaned, trimmed, may cut in half
1 red onion, cut into wedges
1 white onion, cut into wedges
4 ounces kielbasa sausage, cut into 1/2 inch slices (optional, sub marinated tempeh or tofu)
4 ounces smokey cheddar wurst sausage, cut into 1/2 inch slices (optional, sub marinated tempeh or tofu)
1 cup peeled baby carrots
2 tablespoons olive oil
salt and pepper to taste
1/2 cup milk
1/4 cup Dijon mustard
1 tablespoon honey
1 teaspoon apple cider vinegar

Preheat oven to 450°

Toss sprouts, onions and sausage in a bowl with the oil, salt and pepper. Spreading them out in a single layer on a baking sheet and roast for 20 minutes or until Brussels sprouts are lightly browned and tender yet crisp.

Stir occasionally through the 20 minute period.

Simmer milk, mustard, honey and vinegar in a small saucepan over medium low heat for 10 minutes. It will slightly thicken, stir often. Place sprouts in a serving dish and spoon sauce over them evenly.