Roasted Brussels Sprouts with Apples

1/2 cup fresh apples, chopped
8 ounces fresh brussels sprouts, trimmed and quartered
2 Tablespoons apple cider juice
2 teaspoons extra virgin olive oil
1 teaspoon fresh thyme, minced (Can substitute 1/2 teaspoon dried)
1/4 teaspoon table salt
1/8 teaspoon black pepper

Preheat oven to 375 degrees F. Combine apple and Brussels sprouts in an 11 x 17-inch baking dish. Add apple cider, olive oil, minced fresh thyme, salt and black pepper. Toss well. Bake at 375 degrees for 25 minutes or until sprouts are tender.

Serves: 2
Cost per serving: $0.97

Nutrition facts per serving
Calories: 110
Total Fat: 5 g
  Saturated Fat: 0.5 g
  Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 320 mg
Total Carbohydrate: 17 g
  Fiber: 5 g
  Sugars: 7 g
  Protein: 4 g