

## Cranberry Smash Mocktail

*Courtesy of Culinary Institute of America*

Serves 1

- 1/4 cup fresh cranberries (approximately 8)
- 5 fresh mint leaves
- 1 lime wedge (lime cut into 6 pieces)
- 1 teaspoon brown sugar
- 5 ounces ginger ale
- Additional mint leaves for garnish (optional)



## Directions

1. Place cranberries, mint, lime, and sugar into a cocktail shaker. Using a muddling stick (or the back of a tablespoon), muddle the mixture until the cranberries are slightly crushed and the mint is bruised. Add ice and shake for approximately 10 seconds.
2. Place the mixture into a rocks glass with ice and add ginger ale.
3. You can add fresh mint leaves as a garnish

## Roasted Brussels Sprouts with Goat Cheese & Pomegranate

This gorgeous warm salad with nutty roasted Brussels sprouts, sweet-tart pomegranate seeds and creamy goat cheese is perfect for any winter meal—from a weeknight dinner to Christmas dinner or any other holiday celebration. The recipe is easily doubled if you are entertaining a crowd: just be sure to spread the sprouts out (use 2 pans if necessary) so they roast instead of steaming.



By [Carolyn Casner](#), Tested by [EatingWell Test Kitchen](#), Reviewed by Dietitian [Jessica Ball, M.S., RD](#)

**Prep Time:** 20 mins, **Additional Time:** 15 mins, **Total Time:** 35 mins

**Servings:** 4    **Yield:** 3 cups

### Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ⅓ cup crumbled goat cheese
- ¼ cup pomegranate seeds

### Directions

1. Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet.
2. Roast the brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

### Nutrition Facts

#### Serving Size 3/4 cup

Calories 117, Total Fat 6g, Saturated Fat 2g, Cholesterol 4mg, Sodium 216 mg, Carbohydrates 14g, Fiber 5g, Sugars 5g, Protein 6 g, Vit C 98 mg, Calcium 64 mg, Iron 2mg, Potassium 491 mg