

Langostino with Brussels and Kale (ME)

Prep Time: 10 minutes
Cook Time: 50 minutes

Yield: About 6 Cups
2 Cups per Serving
310 Calories per Serving

Ingredients

- 2 Cups Frozen Lobster, Shrimp, Crab or Scallops (I used Langostino Tails)
- 3 Cups Brussels Sprouts, trimmed and cut in 1/2
- 1/2 Cup Carrots, shredded
- 2 Tbsp Ginger, freshly grated
- 1 Shallot, coarsely chopped
- 4 Tbsp Extra Virgin Olive Oil, divided
- Fresh Ground Sea Salt
- Fresh Ground Pepper (I'm currently in love with Trader Joe's Flower Pepper)
- 3 Cups Kale, torn into large pieces
- 1 Lemon, cut into wedges

Directions

1. Preheat oven to 375 degrees.
2. In a medium roasting pan toss Seafood of choice with Brussels Sprouts, Carrots, Ginger, Shallot, 3 Tablespoons of Olive Oil, Salt and Pepper. Place pan in oven and roast for about 30 minutes.
3. Remove pan from oven and layer Kale over top. Drizzle with last Tablespoon of Olive Oil. Sprinkle with a little additional Sea Salt.
4. Place pan back in oven and roast for another 20-30 minutes until Kale is crisp on the edges.
5. Remove from oven and serve warm with fresh lemon juice squeezed on top. Enjoy!

<http://www.urbansacredgarden.com/langostino-with-brussels-and-kale/>