



Oven Roasted Brussels Sprouts

Enjoy as a side dish or snack

Makes 6 servings

1 lb Brussels sprouts
2 Tbsp. olive oil
1/2 tsp. salt (or less)
1 tsp. freshly ground black pepper

- To prepare, soak Brussels sprouts in a bowl of cold water for 10-20 minutes.
- Preheat oven to 400°F.
- Drain sprouts and trim the stem ends, pulling off any yellow outer leaves.
- Cut each sprout in half from stem to top.
- In a large bowl, toss with olive oil, salt and pepper.
- Transfer to a lightly oiled sheet pan and roast, turning once or twice, for 15 - 20 minutes, until lightly browned and crisp outside and tender inside – you'll note that leaves that are loose will be especially brown and crispy – this is ideal.
- Serve hot or at room temperature for a snack.

Nutritional Information:

Calories: 74

Saturated fat: <1g

Dietary Fiber: 3g

Total Fat: 4g

Carbohydrates: 6.7g

Protein: 3g