



ROASTED BRUSSELS SPROUTS

Roasted Brussels Sprouts

These roasted Brussels sprouts are sprouting with flavor! Tossed in olive oil, seasoned to perfection, and roasted until golden and caramelized, they'll have you falling head over sprout. Crispy on the outside and tender on the inside, they're the perfect side dish to help you turnip your veggie game!

Ingredients

1½ pounds **Brussels sprouts**
¾ teaspoon **kosher salt**
½ teaspoon freshly **ground black pepper**
Olive oil cooking spray

Directions

1. Preheat oven to 420°. Wash, trim, and cut Brussels sprouts into quarters. Spread the sprouts out on a baking sheet in a single layer; try not to overlap. Generously mist with olive oil spray (or drizzle olive oil over the tops).
2. Sprinkle on kosher salt and ground black pepper (and any other preferred seasonings, like garlic powder and red pepper flakes). Using your hands or tongs, toss the veggies so that you thoroughly combine the oil and seasonings.
3. Roast for about 25 minutes. Enjoy.

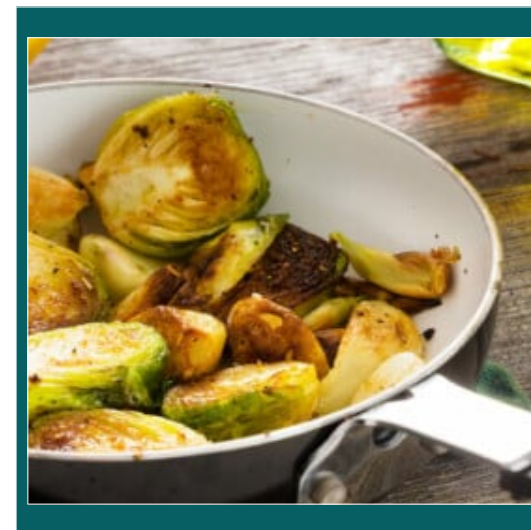


Photo Credit: Joy Bauer

(Joy Bauer et al. Roasted Brussels sprouts)