

roasted brussels sprouts

Serves 4

Preheat the oven to 375°F.

Cut off the stem end of the Brussels sprouts and cut in half. Place the halved sprouts in a bowl and combine all the ingredients.

Place the sprouts on a cooking sheet and bake for 40-50 minutes. They should be golden brown and slightly crispy.

tip ▶ Any vegetable can be roasted in the oven. Try broccoli, cauliflower, or asparagus. Easy and delicious!

1½ pounds Brussels sprouts
2 tablespoons extra virgin olive oil
½ teaspoon sea salt
¼ teaspoon black pepper
2 garlic cloves, diced
Drizzle balsamic vinegar (optional)

