

## ROASTED BRUSSELS SPROUTS

*Don't be intimidated by this compact, green vegetable. It might be small, but it is a nutrition powerhouse! Brussels Sprouts are loaded with B vitamins, fiber, and vitamin C. This recipe comes together quickly and gives the veggies a crispy and delicious outer layer that will leave even the biggest skeptics wanting more.*

Yield = 5, 3/4 cup servings

### Ingredients

1 lbs. Brussels Sprouts

1 tbsp. Olive Oil

1/8 c. Balsamic Vinegar

Salt and Pepper to taste

### Instructions

1. Preheat oven to 375°F
2. Toss together brussels sprouts, oil, and balsamic vinegar, salt, and pepper in an oven safe dish.
3. Roast in the oven, stirring the brussels sprouts with 5 minutes left in the oven.
4. Roast for 15 to 20 minutes.

Per 3/4 cup Serving- Calories 70, Saturated Fat 0g, Sodium 25mg, Added Sugars 0g



Recipe featured in the December 2020 issue of  
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