



Simple Roasted Brussels Sprouts

Caramelized Brussels sprouts are pure deliciousness- crispy and warm. You will love adding this side dish to your favorite protein (main dish). Be sure to see the chef's notes on variations to the basic recipe. However you choose to make it, you will love this recipe!

Yields: 4 servings

Ingredients:

- 1 1/2 lb. Brussels sprouts, trimmed and halved
- 1 Tbsp + 1 tsp olive oil
- 1/2 tsp Kosher salt
- 1/4 tsp ground black pepper

Instructions:

1. Place oven rack in the top third of the oven and preheat oven to 400 degrees.
2. Place Brussels sprouts onto a rimmed baking sheet. Pour oil over them, then sprinkle salt and pepper onto the sprouts. Gently stir to evenly coat the Brussels sprouts.
3. Spread Brussels sprouts into an even layer on the baking sheet, ensuring the cut sides are down.
4. Bake about 20 minutes or until the sprouts are slightly charred/caramelized on the outside and tender on the inside. (This may take up to 30 minutes, depending on your oven.) The outer leaves will look slightly black.
5. Remove from oven. Taste and adjust seasonings to your liking. Serve warm.

Chef's Notes: There are several variations to this basic recipe to alter the taste of the Brussels sprouts.

1. For a spicier flavor, add 1/4 tsp red pepper flakes (when adding salt and pepper).
2. For a lemony flavor, squeeze lemon over the Brussels sprouts after removed from the oven. Then add fresh herbs, like thyme or parsley, and stir gently to combine.
3. For a cheesy flavor, sprinkle 1/4 cup Parmesan over the Brussels sprouts for the last 10 minutes in the oven. Be sure to watch so the cheese does not burn. It should be slightly browned when done.

Per serving: Calories 104, Carbohydrates 15g, Sugars 4g, Protein 6g Saturated Fat 1g

This recipe was adopted from wellplated.com

