

Brussels Sprouts Chips

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 lb. Brussels sprouts
- 1 tablespoon olive oil
- Salt & Pepper to taste

Directions

1. Preheat oven to 400°F.
2. Cut off the stems of the brussels sprouts and peel off the leaves. Cut off a little more of the stem to continue removing the leaves until you get to the tight and light-colored leaves in the center. Reserve these cores for another recipe, or try cutting them in half, tossing with olive oil, and roast after you bake the chips.
3. Toss leaves with olive oil and use your hands to rub the oil into the leaves. Season with salt and spread leaves evenly in a single layer on a baking sheet, using 2 baking sheets if necessary.
4. Bake 10-15 minutes, stirring every few minutes. Remove from oven when sprouts reach desired level of caramelization. Serve immediately.

Recipe from Cooking Well Berkeley class: Fall & Winter Seasonal Veggies, Fall 2014