

Roasted Brussels Sprouts

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with olive oil, garlic, salt and pepper. Pour onto a baking sheet and spread in an even layer. Roasted for 30-40 minutes, shaking pan every 10 minutes or so, until tender on the inside and crisp and deep golden brown on the outside.

Notes

Do not crowd the pan. More space between pieces = better results. Use two pans if necessary.

Recipe from Meals to Boost Energy, Fall 2016