



Balsamic and Honey Brussel Sprouts 6 servings

INGREDIENTS

- 1.5 pounds Brussel sprouts
- 3 Tbsp olive oil
- 3/4 tsp salt (kosher, if available)
- 1/2 tsp black pepper
- 1 Tbsp balsamic vinegar
- 1 tsp honey

DIRECTIONS

1. Preheat oven to 425°F. Halve, and remove ragged outer leaves and stems from sprouts. In a large bowl, toss sprouts with 2 Tbsp oil, salt and pepper. Transfer to a baking sheet lined with aluminum foil.
2. Roast, stirring occasionally to ensure even browning, until tender and caramelized, about 20 minutes.
3. Place sprouts back in bowl. Add remaining oil, vinegar, and honey and toss evenly to coat, then serve.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.