



Roasted Brussels Sprouts & Garlic ² servings

INGREDIENTS

- 1 pounds Brussels sprouts
- 1 –2 Tbsp oil
- 1 head garlic*, small
- Salt & pepper, to taste

*whole, peeled garlic cloves may be substituted.

DIRECTIONS

1. Heat oven to 400°F. Prepare a sheet pan.
2. Trim the stems and remove any dry, yellow or blemished outer leaves. Rinse & pat dry. Cut larger sprouts in half.
3. Remove loose papery skin from garlic head, Cut head in half (cross section), exposing cloves.
4. Toss sprouts with oil, salt & pepper. Carefully rub exposed surface of garlic with oil and season.
5. Put sprouts on sheet pan in an even layer. Place garlic halves on sheet pan, cut side down. Roast for 25-30 minutes, until sprouts are crisp on the outside and tender on the inside, shaking the pan twice during baking time to allow sprouts to brown evenly. Garlic will be tender.
6. Remove from oven. Remove garlic from pan, using tongs, squeeze garlic head gently and roasted cloves will pop out. Discard skin. Using a fork lightly mash garlic and toss with sprouts.
7. Serve warm.



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