



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.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



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.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.