



Roasted Brussels Sprouts

4 - 6 servings

INGREDIENTS

- 1 ½ pounds brussels sprouts
- 3 Tbsp oil
- ¾ tsp salt
- ½ tsp black pepper

DIRECTIONS

1. Heat oven to 425°F.
2. Cut off end tips of brussels sprouts and pull off any outer leaves then slice each sprout in half.
3. Mix sprouts in a bowl with oil, salt and pepper.
4. Pour out on sheet pan and roast for 35-40 minutes, until crisp on the outside and tender on the inside, shaking the pan twice during baking time to allow sprouts to brown evenly.
5. Serve hot and refrigerate leftovers.



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