



Roasted Brussel Sprouts

Makes 6-8 servings. Recipe from Coastal Living Magazine.

Ingredients

- 2 pounds brussel sprouts
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Nutritional info per cookie

Calories:	64
Total fat:	2g
Cholesterol:	0mg
Sodium:	319mg
Total Carbs:	11g
Dietary fiber:	4g
Protein:	4g

Directions

1. Preheat oven to 425°.
2. Heat a large cookie sheet in oven 10 minutes.
3. Trim the stems and halve each Brussel sprout. Take both halves and using your fingers, peel back a couple layers of the outermost leaves. There's no need to peel to the core of the sprout, but by physically loosening and detaching a substantial amount of outer leaves, you're ensuring that your final product is going to be ultra frizzly and crispy.
4. In a large bowl place sprouts, drizzle with the olive oil, then add salt & pepper and toss. Place sprouts, cut sides down on hot cookie sheet.
5. Bake 20 to 25 minutes.

Note

When you are prepping your Brussel sprouts in this way, they're more prone to burn, so be sure to keep a close eye on your cook time.