

Roasted Brussels Sprouts

Ingredients:

- 1 lb. fresh Brussels sprouts
- 1 ½ tbsp. extra virgin olive oil
- ¼ tsp. freshly cracked pepper
- ¼ tsp. salt



*VEGAN



*GLUTEN-FREE



*SOY FREE



Nutrition Facts

Serving Size 1/2 cup (113g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 4g

Vitamin A 15% • Vitamin C 150%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 450 degrees.
2. Prepare Brussels sprouts by slicing off the bottom of each Brussels sprout where it is attached to the stalk.
3. When the bottom is cut, the lowest and smallest outer leaves generally fall off because they are attached at the bottom of the sprout. Remove any other leaves that have yellowed edges or dark spots.
4. When properly prepared, the Brussels sprouts will be bright green. Wash the Brussels sprouts thoroughly under running water and pat them dry with a towel. If the sprouts are large, cut them in half.
5. Place in a glass or metal roasting pan in a single layer. Drizzle olive oil over Brussels sprouts and toss to coat each sprout evenly. Add salt and pepper and toss again.
6. Place Brussels sprouts in the preheated oven and roast for approximately 30 minutes, shaking the pan once or twice during roasting to ensure an even roast and prevent sticking.
7. The Brussels sprouts have finished roasting when the outer leaves have crisped to a deep, dark brown, almost appearing black and the rest of the sprouts has become a pale yellowish-green. Remove from oven and serve hot.