

Roasted Brussels Sprouts

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DEPOSITORY.

Serves: 6

Prep: 10 minutes | **Cook:** 40 minutes

INGREDIENTS

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons cooking oil*
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
3. Mix them in a bowl with the olive oil, salt and pepper.
4. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
5. Shake the pan from time to time to brown the sprouts evenly.
6. Serve immediately.



Nutrition Information

Serving Size: 1/6 of recipe

Calories	109
Total fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	269 mg
Carbohydrates	10 g
Fiber	4 g
Sugar	2 g
Protein	4 g

*Substitutions

3 tablespoons cooking oil → 4 tablespoons butter

Recipe source: Food Network