

Roasted Spring Brussels Sprouts

Prep time: 10 minutes Cook time: 30 minutes

Yield: 4 servings

Ingredients:

One stalk/container of Brussels sprouts (about 30 buds)

3 Tbsp of extra virgin olive oil

1 tsp of salt (or, to taste)

1 Tbsp of balsamic vinegar or lemon juice (optional)

Steps:

1. Preheat oven to 425°. Prune the Brussels sprouts from the stalk and cut each in half.
2. Place in a large bowl and sprinkle the other ingredients over the top. Toss until coated evenly.
3. Arrange the Brussels sprouts face down on a flat cookie sheet.
4. Cook until the skin is dark brown and flaky on the outside, about 25-30 minutes.