

ROASTED BRUSSELS SPROUTS

Ingredients

- 1 pound brussels sprouts
- 2 Tbsp olive oil (preferably extra virgin)
- ½ tsp kosher-style flake salt
- ¼ tsp cracked black pepper
- 1 tsp herbs (oregano, cracked rosemary, and/or thyme)
- ½ lemon, optional
- 1 Tbsp toasted bread crumbs, optional

Directions

1. Preheat oven to 350 degrees. Wash the sprouts. Peel off the loose, dirty outer leaves until you're left with sprouts that have tightly-wrapped leaves. Cut off the stems and then slice the sprouts in half.
2. Place the sprouts in a bowl and add the olive oil, salt and pepper and herbs if using. Toss to coat.
3. Spread the sprouts on a baking sheet, cut sides down. Bake at 350 degrees for 25 minutes. If desired, toss with the juice of the lemon half and the bread crumbs. Serve immediately.

Serves: 4

Source: