



Roasted Brussel Sprouts

PREP TIME

5 min

TOTAL TIME

35 min

Nutrition Information Per Serving

Makes 8 servings

FAT

7g

PROTEIN

3g

CARBS

8g

CALORIES

97

Ingredients

1½ lbs brussel sprouts

¼ cup olive oil

1 tsp salt

½ tsp pepper

Instructions

1. Preheat oven to 400°F.
2. In a large bowl, toss the brussel sprouts with oil, salt, and pepper.
3. Spread out on a baking sheet in a single layer.
4. Roast, stirring halfway through, for 30-40 minutes, until crisp and browned.