

NOT YOUR PARENT'S BRUSSELS SPROUTS

Mention "Brussels Sprouts" to our parents, and watch the terrible memories start flooding back of mushy, tasteless sprouts. Then blow their minds with this easy, flavor-packed dish.

 15 minutes 1 hour 12 portions

INGREDIENTS

- 3 cups of brussels sprouts, stems trimmed and halved
- 3 tablespoons olive oil
- 1 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- 3 cloves fresh garlic, thinly sliced
- 2 tablespoons Balsamic vinegar
- 1 teaspoon fresh tarragon, chopped (or other herbs of your choice)

COOKING METHOD

- 1° Preheat the oven to 400 degrees.
- 2° On a large baking sheet, toss the Brussels Sprouts with the olive oil, salt, and pepper. Arrange the sprouts, cut side down, on the pan. Use two pans, if needed, to prevent crowding (otherwise they will steam and not roast).
- 3° Bake the sprouts for 30 minutes, or until browned and tender with pierced with a fork. The cut side should be nicely browned and crispy.
- 4° Take the sprouts out of the oven and sprinkle with the sliced garlic. Return the pan to the oven and bake for 5 more minutes (this way the garlic doesn't burn).
- 5° Remove the sprouts from the oven and drizzle with the balsamic vinegar and tarragon. Toss to combine, and transfer to a serving dish. Serve warm or at room temperature.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (30 g)	% DRI
ENERGY	147 kcal	43 kcal	2 %
FAT	12 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	2 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	678 mg	200 mg	8 %
CARBOHYDRATE	10 g	3 g	1 %
SUGARS	3 g	1 g	—
FIBER	3 g	1 g	4 %
PROTEIN	3 g	1 g	—