



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Brussels Sprouts

Ingredients:

1 pound Brussels sprouts,
rinsed and trimmed
1 tablespoon olive oil
¼ teaspoon kosher salt
½ teaspoon ground black
pepper

Serves 4

*Nutrition: 80 calories, 3.5 g fat,
9 g carbohydrate, 5 g fiber,
4 g protein, 135 mg sodium*

*Source: Harvard School of Public
Health*

Directions:

1. Preheat the oven to 350° F.
2. Toss the Brussels sprouts with oil, salt, and pepper to coat evenly.
3. Place the Brussels sprouts in a baking dish and roast for 20 to 30 minutes, or until tender when pierced with a fork.
4. Adjust seasonings to taste and serve hot, warm, or at room temperature.



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How'd it turn out?

Post a picture of your dish on our Facebook page!

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