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.

How’d it turn out?
Post a picture of your dish on our Facebook page!

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