



roasted brussel sprouts;

1. (roe-stead bruh-sell sprowtz)
noun. Brussel sprouts tossed
with a balsamic dijon and
roasted until slightly charred.
2. Produces 4 Servings.
3. Preparation 25 mins.
4. Oven temperature set to 400.

Ingredients;

1 lb. brussel sprouts
½ tsp. salt
1 Tbsp. balsamic vinegar

2 Tbsp. olive oil
¼ - ½ tsp. pepper
2 tsp. grain dijon mustard*

*substitute with 1 tsp. maple
syrup or honey

Instructions;

1. Cut off root ends of brussel sprouts and pull off outer layer of leaves.
2. In a bowl, toss sprouts together with olive oil, salt, pepper, balsamic vinegar and mustard.
3. Spread on a sheet pan in an even layer and roast 15-20 minutes until crisp on the outside and tender on the inside. Serve immediately.