



Roasted brussels sprouts

Make sure these are roasted brown at the least, because that's when these salty and sweet brussels sprouts taste their best. This simple recipe requires just four ingredients, too.

Pro tip: Use aluminum foil on the baking sheet to keep the food moist, and make clean-up easier.

Ingredients

- 1 1/2 pounds of brussels sprouts, ends trimmed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper

Directions

1. Preheat oven to 400 degrees F.
2. Place trimmed brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30-45 minutes, shaking pan ever 5-7 minutes for even browning. Reduce heat when necessary to prevent burning.
4. Once cooked to a dark brown, serve and enjoy!