

# On The Stalk Roasted Brussels Sprouts

Serves: 4-6 people Time: 50 mins

## Ingredients for Brussel Sprouts

- 1 large stalk Brussels sprouts
- 1/4 cup extra virgin olive oil
- Kosher salt and pepper, to taste

## Instructions

1. Preheat oven to 375 degrees F.
2. Place Brussels sprouts onto a large, rimmed baking sheet and drizzle evenly with olive oil.
3. Sprinkle all sides of the stalk with the desired amount of kosher salt and pepper.
4. Add to the oven and bake for 45 minutes until slightly soft and browned on the outside.
5. Make sure to rotate the stalk a third of the way every 15 minutes to ensure equal cooking.
6. Once cooked, let the Brussels sprouts rest for 5 minutes and cut off the stalk.

## For the Garlic Dijon Dip:

- 2 Tbsp. Tahini or almond butter
- 2 Tbsp. Dijon mustard
- 1 Tbsp. Olive oil
- 1 tsp. Garlic powder
- 2 Tbsp. Apple cider vinegar
- 1 tsp. Herbs de Provence

## Instructions

1. Combine the ingredients for the garlic Dijon sauce in a small bowl and stir well with a spoon until combined.
2. Serve as is or serve with garlic Dijon dip.