

# Roasted Brussels Sprouts

*Swick*

Serves 1 | Active Time: 20 minutes | Total Time: 40 minutes

## Chef's Notes

Note: Fresh Brussels sprouts are nothing like frozen Brussels sprouts. Do not try to use frozen ones for this recipe because the excess moisture will prevent them from roasting properly.

## Step 1: Roasting the Brussels Sprouts

- 1 lb Brussels sprouts
- 1 to 2 tbsp oil (grapeseed or coconut)
- sea salt, to taste
- freshly ground black pepper, to taste

Preheat the oven to 400°F (205°C). Note: The sprouts can also be roasted higher at temperatures as high as 475°F, just note that the cooking time will need to be adjusted.

Wash, dry and trim the Brussels sprouts. Cut in half lengthwise. Place into a bowl and toss with the oil and salt and pepper to taste. Arrange cut-side down on a parchment-lined baking tray. Place into the oven and roast for 8 to 12 minutes or until golden, turning once, if necessary.

Once done, serve immediately.