ROASTED BRUSSEL SPROUTS

Serves: 8

2 pounds Brussel sprouts, cut in half
1 tablespoon Extra virgin olive oil
4-5 Garlic cloves, minced
Salt & pepper to taste

- Preheat oven to 425 degrees.
- Toss brussel sprouts with olive oil, garlic, salt and pepper.
- Place on foil covered sheet pan prepped with thin layer of olive oil (sprayer works well for this).
- Roast in oven until tender and edges have begun to caramelize and crisp, about 15 minutes.

Per serving:
60 Calories
2 grams Fat
10 grams Total Carbohydrate
4 gram Dietary Fiber
4 grams of Protein
270 mg sodium