
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