

# Roasted Brussels Sprouts

Roasting brings out the sweet flavor of Brussels sprouts.

Makes: 6 servings  
 Prep Time: 5 minutes  
 Cook Time: 20 minutes

Source: [FoodHero.org/recipes](https://www.foodhero.org/recipes)

## Ingredients

- 1 1/4 pounds Brussels sprouts
- 1 tablespoon oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon lemon juice

## Directions

1. Preheat oven to 400 degrees F.
2. Wash and trim Brussels sprouts. Cut large Brussels sprouts in half from top to bottom; leave small Brussels sprouts whole.
3. In a large bowl, toss Brussels sprouts with the oil, salt, and pepper.
4. Place Brussels sprouts in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.
5. Roast for 20 to 30 minutes, stirring once after 10 to 15 minutes. Sprouts should be tender and browned.
6. Remove from oven and drizzle with lemon juice.
7. Refrigerate leftovers within 2 hours.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	60
Total Fat:	2.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	70mg
Total Carbohydrates:	9g
Dietary Fiber:	4g
Total Sugars:	2g
Added Sugars:	0g
Protein	3g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Large bowl
- Large baking sheet

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.00

Average cost/serving: \$0.50

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart

Brussels Sprouts (20 oz or 1 1/4 pounds)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips: Brussels Sprouts

- Frozen Brussels sprouts are easy to keep on hand and might cost less at some times of the year.
- Brussels sprouts may be lowest cost and best quality from October to December.
- Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but quality is best when used soon after purchasing.
- Wash under cool running water and trim just before using:
  - Remove outer leaves.
  - Trim stem even with the bottom leaves.
  - Leave whole, cut in halves or quarters, or shred.