

Brussels Sprouts

Ingredients

- 1 lbs fresh Brussels sprouts
- 2 tbsp olive oil separated
- 3/4 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 tbsp balsamic vinegar
- 2 tsp honey



Instructions

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
4. In a large bowl, toss Brussels sprouts with olive oil, kosher salt & freshly cracked black pepper to coat thoroughly.
5. Transfer the Brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place Brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories **122**

% Daily Value*

Total Fat 7.4g **9%**

Saturated Fat 1.1g **6%**

Cholesterol 0mg **0%**

Sodium 467mg **20%**

Total Carbohydrate 13.4g **5%**

Dietary Fiber 4.3g **15%**

Total Sugars 5.4g

Protein 3.9g