

Roasted Brussels Sprouts



Ingredients:

- 1 1/2 pounds Brussels sprouts, washed and cut in half
- 1/4 cup olive oil
- 2 cloves garlic, finely minced
- Salt and pepper to taste

Directions:

1. Combine the olive oil and garlic in a small bowl.
2. Preheat oven to 450 degrees F.
3. Place Brussels sprouts in a large bowl.
4. Pour garlic and olive mixture over the sprouts and coat well.
5. Place sprouts onto baking sheet, cut side down.
6. Bake for 20 minutes then stir the sprouts and cook additional 15 to 20 minutes until they are tender.
7. Remove from oven, sprinkle with salt and pepper to taste and serve immediately.
8. Refrigerate unused portion.

Makes 4 servings



Tarrant County Public Health
<http://health.tarrantcounty.com>