Roasted Brussels Sprouts

**Ingredients:**
- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- 1/2 teaspoon red chili flakes
- 1/4 teaspoon Kosher salt
- 1 medium lemon, cut in 6 wedges

**Directions:**
1. Preheat oven to 400 F.
2. Remove loose outer leaves from sprouts and trim stems. Cut large sprouts in half.
3. Place all ingredients in a large resealable plastic bag, close tightly and shake to coat sprouts.
4. Pour sprouts onto a rimmed baking sheet.
5. Roast 30 to 45 minutes, shaking the pan or stirring the sprouts every 5 to 7 minutes for even browning. Reduce heat if necessary to avoid burning. Roast until dark brown, almost black, and tender. Serve with lemon wedges to squeeze onto finished sprouts.

Serves 6

---

**Nutrition Facts (without lemon)**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>59</td>
<td>45</td>
<td>5g</td>
<td>1g</td>
<td>0mg</td>
<td>95mg</td>
<td>6g</td>
<td>2g</td>
<td>12%</td>
<td>97%</td>
<td>3%</td>
<td>5%</td>
</tr>
</tbody>
</table>

% Daily Value

*The Percent Daily Values are based on a 2,000 calorie diet. Your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Recipe courtesy of Oklahoma Gardening, Oklahoma State University

[http://www.oklahomagardening.okstate.edu/recipes/2013/roasted-brussels-sprouts](http://www.oklahomagardening.okstate.edu/recipes/2013/roasted-brussels-sprouts)