

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)	
Serving Size 1	
Servings Per Recipe: 6	
Amount Per Serving	
Calories 69	Calories from Fat 45
% Daily Value *	
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Protein 2g	5%
Vitamin A	12%
Vitamin C	97%
Calcium	3%
Iron	5%

* The Percent Daily Values are based on a 2,000 calorie diet, so 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>



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