

Ingredients:

- 1 ½ Pounds Brussels sprouts trimmed and halved
- 4 Cloves garlic very roughly chopped (leave the pieces a bit chunky; add more if you live in a house of garlic lovers)
- 1 ½ Tablespoons extra-virgin olive oil
- ½ Teaspoon kosher salt
- ¼ Teaspoon black pepper
- 2 Tablespoons freshly ground or grated parmesan (optional)



Instructions:

- 1) Place a rack in the upper third of your oven and preheat the oven to 400^oF Place the Brussels sprouts and garlic in the center of a large rimmed baking sheet. Drizzle with the olive oil and sprinkle with salt, pepper, and any other desired spice additions.
- 2) Gently mix until the Brussels sprouts are evenly coated, then spread them into a single layer on the baking sheet. For even better crisping, flip the Brussels sprouts so that they are all cut sides down.
- 3) Bake for 10 minutes, then remove from the oven and stir in the parmesan cheese. Continue baking 10 to 20 additional minutes, until the Brussels sprouts are lightly charred and crisp on the outside and tender in the center. The outer leaves will be very dark too. Watch carefully towards the end of the baking time, as the cooking time will vary based on the size of your sprouts.
- 4) Remove from the oven. Season with additional salt and/or pepper to taste. Enjoy immediately or at room temperature.

Notes:

- For Bacon Brussels Sprouts: Add the bacon pieces to the sheet pan right along with the brussels sprouts in Step 1. They will cook in about the same amount of time.
- For Balsamic or Lemon Brussels Sprouts: Drizzle the vinegar or lemon juice over the sprouts after removing them from the oven. Return the pan to the oven for 1 to 2 minutes, then serve.
- See the blog post for even more recipe variations!
- Store leftovers in the refrigerator for up to 4 days. Re-crisp in a 350^oF oven or rewarm in the microwave.

Nutrition Facts

Calories.....	135kcal
Total Fat.....	6g
Saturated Fat.....	1g
Total Carbohydrate	16g
Dietary Fiber.....	7g
Protein.....	7g
Cholesterol.....	2mg
Potassium.....	674mg