

MRS. CHLOE'S CRISPY BRUSSELS SPROUTS

INGREDIENTS:

- 2 lbs Brussels Sprouts
- 1/4 cup Olive Oil
- 1/2 tsp Kosher Salt
- 1/4 cup Balsamic Vinaigrette
- 2 tsp Honey

DIRECTIONS:

1. Preheat the oven to 375 ° and arrange a rack in the middle of the oven.
2. Peel away any loose or dry leaves and cut each brussels sprout in half through the stem.
3. Place the Brussels sprouts in a bowl. Add the oil and toss to coat. Season with the salt and pepper and toss again.
4. Arrange the brussels sprouts cut-side down on a baking sheet.
5. Roast for 25 to 30 minutes, stirring halfway through.
6. Drizzle with the balsamic vinaigrette and honey, and toss to coat. Serve immediately.

CHEF'S TIPS:

- Trim the bottom of any sprouts that are dried or yellow!
- Sprouts are done when leaves are dark brown and crisp and the undersides of the sprouts are browned.
- Season to your taste and Bon Appetit!



What's the shout about sprouts?



- Excellent low-carb veggie
- High in a variety of vitamins
- High in fiber and good for digestion
- Low in cholesterol
- Delicious!!!!