



# Roasted Brussels Sprouts

"This recipe is from my mother. It may sound strange, but these are really good and very easy to make. The Brussels sprouts should be brown with a bit of black on the outside when done. Any leftovers can be reheated or even just eaten cold from the fridge. I don't know how, but they taste sweet and salty at the same time!"

Prep Time 15 m

Cook Time 45 m

Ready In 1 h

Servings 6

Calories per serving 104

## Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

## Directions

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

## Footnotes

*Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.*

## Nutrition Facts

Per Serving: 104 calories; 7.3 g fat; 10 g carbohydrates; 2.9 g protein; 0 mg cholesterol; 344 mg sodium.