

Roasted Brussel Sprouts with Garlic

Ingredients

- 1 pint Brussel Sprouts (about a pound)
- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 garlic cloves peeled, salt and pepper to taste
- 1 tablespoon balsamic vinegar



Directions

1. Heat oven to 400°F. Trim bottom of Brussel Sprouts and then slice each in half, top to bottom.
2. Heat oil in cast iron pan over medium to high heat until it simmers.
3. Put the sprouts, cut side down, in one layer in the pan.
4. Add in garlic and sprinkle with salt and pepper.
5. Cook, undisturbed, until sprouts begin to brown on bottom and transfer to oven.
6. Roast, shaking pan every 5 minutes, until sprouts are brown and tender, about 10 to 20 minutes.
7. Taste, add more salt and pepper if necessary. Stir in balsamic vinegar and serve hot or warm.

Provided by:  HealthLink.

