

Roasted Brussel Sprouts

Nutrition Facts:	
Yield	8
Calories	53
Fat	1.2 g
Sodium	52 mg

Code
\$, Q, V



Ingredients Needed:

2 lbs. Brussel sprouts
3 Tbsp. olive oil
2 Tbsp. pure maple syrup

Recipe Directions:

- Preheat oven to 400 degrees.
- Toss Brussel sprouts in oil in large baking dish or baking sheet. Roast 45 minutes, or until tender, loosening sprouts from baking dish or sheet with spatula every 15 minutes, if necessary.
- Transfer to serving bowl and toss with maple syrup.
- Enjoy!