

## Roasted Brussels Sprouts

“A simple and quick way to prepare late winter Brussels sprouts.”

*Anthony*

1. Preheat oven to 400°
2. Wash approximately 1lb. Brussels sprouts -  
Cut off stems and outer leaves.  
Cut in half long ways.
3. Peel 8 garlic cloves.
4. Toss Brussels sprouts and peeled garlic with 2 tablespoon olive oil and 1 tsp salt.
5. Arrange cut side up in a glass baking pan.
6. Roast for about 20 minutes.
7. When the Brussels sprouts are done to your taste (some people like them crispier than others), remove from oven and serve.



From Anthony Gaudio, Sustainable Tallahassee, March, 2014