Roasted Brussels Sprouts

Culinary Rx Online Cooking School (Rouxbe)

Servings: 4-6

Ingredients:

- 1 lb Brussels sprouts - washed, dried, trimmed, and cut in half lengthwise.
- 1 to 2 tbsp oil (grapeseed or coconut)
- Sea salt, to taste
- Freshly ground black pepper, to taste

Directions:

1. Preheat oven to 400°F.
2. Place Brussels sprouts in a bowl and toss with the oil and salt and pepper to taste.
3. Arrange cut-side down on a parchment-lined baking tray.
4. Place into the oven and roast for 8 to 12 minutes or until golden, turning once, if necessary.
5. Once done, serve immediately.