



## Roasted Brussels Sprouts

### *Serves six*

1 pound Brussels sprouts – trimmed and cut in half  
2 TBS olive oil  
2 TBS Balsamic vinegar  
1 ½ tsp. salt  
1 tsp. black pepper

Heat oven to 400 degrees.

Place your halved sprouts in a bowl and generously drizzle with olive oil and balsamic vinegar. Add salt and pepper.

Place the sprouts on a roasting pan, cut side down and in a single layer, and roast for about 10 minutes. Remove the pan from the oven and carefully flip the sprouts.

Return the pan to the oven and roast for an additional 10 to 12 minutes until they are all nicely browned. Serve and enjoy!

CALORIES 79.70; FAT 4.73 grs (sat 0.67; mono 3.3; poly 0.59); PROTEIN 2.59 grs ; FIBER 2.96 grs; CARBS 8.2 grs; CHOLESTEROL 0.00 mg; IRON 1.21 mg; SODIUM 601.51 mg; CALCIUM 34.33 mg