

Brussels Sprouts Chips

Ingredients:

- 1/2 pound Brussels sprouts
- 1 tablespoon olive oil (or as needed)
- Salt, to taste
- Pepper, to taste (optional)

Instructions:

1. **Preheat Oven:** Heat your oven to 400°F (200°C).
2. **Prepare Brussels Sprouts:** Cut off the hard end of the Brussels sprouts and carefully separate all the leaves. Discard the core.
3. **Rinse and Dry:** Rinse the leaves thoroughly and pat them dry, being careful not to break them.
4. **Season:** Lightly drizzle the leaves with olive oil and season with salt and pepper to taste.
5. **Arrange:** Place the leaves in a single layer on a baking sheet. Make sure not to overcrowd them to ensure crispiness. Work in batches if needed.
6. **Bake:** Bake in the preheated oven for 8 to 10 minutes, or until the leaves are browned and crisp.
7. **Serve:** Enjoy your crispy Brussels sprouts chips as a healthy and flavorful snack!

Nutritional Breakdown (Per Serving - Approximately 1/2 pound Brussels sprouts):

- **Calories:** 130 kcal
- **Fat:** 8 g
- **Carbohydrates:** 10 g
 - **Fiber:** 4 g
 - **Net Carbs:** 6 g
- **Protein:** 3 g
- **Sodium:** 180 mg (varies based on the amount of salt used)

Note: The nutritional values can vary based on the amount of oil and seasoning used.