

# Roasted Brussels Sprouts (Gluten Free)



**Prep time:** 15 minutes

**Cook time:** 45 minutes

**Servings:** 6 servings

## Ingredients:

- 1 ½ pounds brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper

## Directions:

1. Preheat oven to 400 degrees F.
2. Placed trimmed brussels sprouts, olive oil, sea salt and pepper in a large re-sealable plastic bag. Seal tightly and shake to coat. Pour onto foil lined baking sheet and place on center oven rack.
3. Roast in the preheated oven for 30-45 minutes, shaking the pan every 5-7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be dark brown, almost black, when done. Adjust seasoning with salt and pepper, if necessary. Serve immediately.

**\*\*Tip:** Brussel sprouts are an excellent source of Vitamin K and Vitamin C.

## Nutrition Information (Per Serving):

Calories: 98

Total Fat: 7g

Saturated Fat: 1g

Cholesterol: 0g

Sodium: 409mg

Total Carbohydrates: 8g

Fiber: 3g

Sugar: 2g

Protein: 3g

Recipe adapted from allrecipes.com; Modified by Haley Deike, MSU Alumni

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