

ROASTED BRUSSEL SPROUTS # 1



INGREDIENTS

- 1 1/2 lbs Brussel sprouts
- 3 T Extra virgin garlic olive oil
- 3/4 t Kosher salt
- 1/2 t Black pepper
- Non-stick cooking spray

INSTRUCTIONS

- 1 Preheat oven to 400 degrees
- 2 Cut off the brown ends of the sprouts & pull off any yellow outer leaves
- 3 Cut the sprouts in 1/2
- 4 Mix olive oil & seasonings in a bowl & brush the sprouts all over
- 5 Spray a baking sheet with non-stick cooking spray & lay sprouts on their 'flat' side
- 6 Roast on the middle rack of your oven for 20-30 minutes or until crisp on the outside & soft on the inside

NOTE

- 1 Instead of olive oil you can use your favorite fat-free oil & vinegar salad dressing
- 2 You can roast the sprouts whole but then you'll have to turn them upside down about half way thru the baking time which would be extended to 35 - 40 minutes

ROASTED BRUSSEL SPROUTS # 2

INGREDIENTS

- 1 lb Brussel Sprouts
- Imagine vegetable soup broth OR Trader Joes vegetable soup broth
- Non-stick cooking spray
- Garlic spray

INSTRUCTIONS

- 1 Spray a large saute pan with non-stick cooking spray & then garlic spray
- 2 Cut the brussel sprouts in half & save the clean (not blackened) leaves that fall off
- 3 Place the brussel sprouts 'face' down in your pan & put extra leaves on top
- 4 Cook at medium-high heat until the 'faces' show black marks
- 5 Cover brussel sprouts with vegetable broth of your choice & lower heat to low
- 6 Check if done by piercing one with a fork & if it's tender you're done