

Roasted Brussels Sprouts

Servings - 4

Ingredients

- 1.5 lbs fresh Brussels sprouts
- 3 tablespoons olive oil or oil of choice
- 3/4 teaspoon kosher or coarse salt
- 1/2 teaspoon ground black pepper



Tip - Brussels sprouts need some breathing room on the pan, or they'll produce so much steam that they never crisp up. Spread them out on the baking sheet so they aren't touching and they will roast up perfectly.

Directions

1. Preheat oven to 400°F.
2. Cut off brown ends of Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with oil, salt and pepper. Pour them on a baking sheet and roast for 35-40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
3. *Optional flavourings:* Drizzle a little more oil, a tablespoon of balsamic vinegar and a teaspoon of honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve. Or, add 2-3 cloves of chopped garlic and ¼ cup of Parmesan cheese before roasting.



Thunder Bay District
Health Unit

Are You In?



Find Out More:

Put More Produce on Your Plate

Eating more plant-based foods is good for us and the planet. Adding more fruits and vegetables to your plate has plenty of health benefits including lowering your risk of heart disease, colon cancer and type 2 diabetes. Check out the tips below to build up your plant food intake:

- **Add fruit to your breakfast** – Berries in your cereal, frozen fruit in your smoothies or apple slices with peanut butter are all a great way to start your day.
- **Buy frozen** – Frozen veggies are picked at the peak of freshness to still provide plenty of nutrients. This makes putting good food in your belly convenient and easy!
- **Look for seasonal produce** - buying what's in season can help save you money and give you the extra taste that comes with food grown closer to home.

Did You Know?

The Benefits of Eating Brussels Sprouts (and other cruciferous vegetables)

Brussels sprouts are high in fibre, and help with reaching your daily value of many vitamins, and minerals. They're rich in vitamin K and high in vitamin C. They also contain small amounts of vitamin B6, potassium, iron, thiamine, magnesium and phosphorus. They can be purchased fresh or find them in the freezer section. Try these little green morsels of goodness this week!