



Roasted Brussels Sprouts

30 Minutes or Less

Gluten Free - Vegan - Low Sodium

Ingredients

Servings: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

- 1 lb. **brussels sprouts**, cleaned and trimmed
- 1 tbsp **garlic powder**
- 3 tbsp **oil**
- **salt and pepper**, to taste

Directions

1. Preheat the oven to 400°F.
2. Clean and trim the brussels sprouts and cut them in halves. Cut off the ends and peel away any brown leaves.
3. Combine brussels sprouts, garlic powder, salt, pepper, and olive oil in a large bowl. Mix well until the brussels sprouts are coated.
4. Place the brussels sprouts on a sheet pan cut side down.
5. Roast in the oven uncovered for 25 -30 minutes or until crisp and brown.
6. Serve immediately.