

Roasted Garlic Brussels Sprouts

Serves 4 | Serving size: ½ cup

Ingredients Needed:

- 1 lb. Brussels sprouts, frozen or fresh
- 2 Tbsp. oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. brown sugar
- 2 Tbsp. minced garlic (~6 cloves)
- ½ tsp. salt
- ⅛ tsp. pepper



Directions:

1. Preheat oven to 375 degrees F.
2. In a bowl, mix together oil, vinegar, brown sugar, garlic, salt, and pepper.

3. Cut brussels sprouts in half and toss in oil mixture until evenly coated.
4. Line a baking sheet with foil and spread brussels sprouts evenly on the baking sheet.
5. Roast in oven for 25–30 minutes.