

Roasted Brussel Sprouts

- Brussels sprouts are basically tiny cabbages because they belong to the same plant family and have taste similar.
- They can be boiled, baked, steamed, microwaved or roasted. When cooking (other than roasting) cut an “X” into the stem to cook through evenly.
- Sprouts are a great source of fiber that helps keep you full and digestion regular.
- Sprouts that are purchased on the stalk will last longer than off of the stalk. Store bulk sprouts in a bag in a bottom refrigerator drawer. Wrap whole stalks with plastic wrap and store in the refrigerator. Low on space? Clip sprouts off of the stalk and store as bagged sprouts.
- If overcooked they will produce a “boiled eggs” smell and flavor which is associated with the “bad” flavor of Brussel sprouts. Give roasting a try!

Nutrition Facts	
5 servings per container	
Serving size	1 cup (193g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 3mg	15%
Potassium 733mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 4-6 Prep Time: less than 1 hour



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Ingredients:

- 1-2 pounds of brussel sprouts, removed from stalk, cut in half
- 3 Tablespoons vegetable oil
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Try any combination of herbs and spices:

- Cumin and chili powder
- Lemon pepper
- Spicy cayenne
- Smoked paprika
- Italian Seasoning
- Parmesan cheese

Directions:

1. Preheat oven to 400°F.
2. Rinse brussel sprouts and slice in half. **Keep** the outer leaves that fall off, they will be extra crispy and delicious. If sprouts are large, **cut** into quarters.
3. In a large bowl, **toss** or **stir** vegetables with oil and spices so that all sprouts are coated.
4. **Spread** vegetables on a sheet pan and **cook** in oven for 25-45 minutes, **flipping** the sprouts occasionally so all sprouts are turned over and crispy on all sides. Check every 10 minutes.
5. **Remove** from oven and serve as a hot side dish or cold on top of a salad!

Recipe Credit

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