

Crispy Brussels Sprouts



Ingredients

½# Brussels Sprouts per person

vegetable oil

salt and pepper

Procedure

1. Wash the Brussels sprouts and cut them in quarters or halves. Make sure all the pieces are about the same size
2. Preheat oven to 375°F.
3. Toss the Brussels sprouts in just enough oil to coat. Season well with salt and pepper.
4. Lay out flat on sheet pan, so they don't overlap. (suggest lining the sheet pan with either parchment or foil first)
5. Roast for 20-30 minutes, or until desired crispiness.

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