

Saint Paul Public Schools' Roasted Brussels Sprouts

Brussels sprouts are available year-round, but peak season is from September to mid-February. Choose sprouts that have a bright green color, feel firm, and have compact leaves. They can be steamed, boiled, or microwaved. Here's a recipe that roasts them to bring out their natural sweetness:

YIELD

Eight ½ cup servings



INGREDIENTS

- 1 ½ pounds Brussels sprouts
- 1 tablespoon olive oil
- Salt & pepper (optional)

DIRECTIONS

- Preheat oven to 400° F
- Rinse Brussels sprouts in water; trim the base and peel off any yellowed leaves; larger sprouts can be cut in half for even cooking
- Toss sprouts in olive oil and place in an even layer on a baking sheet; season with salt and pepper to taste if desired
- Roast in oven for 25-30 minutes or until outer leaves begin to brown and the inside is tender; shake the pan occasionally to brown sprouts evenly

NUTRITIONAL INFORMATION

PER ½ CUP SERVING

CALORIES 45

TOTAL FAT 2 g

CARBS 6 g

SODIUM 17.8 mg

CHOLESTEROL 0 mg

FIBER 2.2 g



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