

Oven-Roasted Brussels Sprouts

(Frozen Package with no seasonings)

Ingredients:

1 lb.	Package of frozen Brussels Sprouts
2 Tbsp	Cold Tap Water
1 Tbsp	Olive oil
2 Tbsp	Balsamic vinegar
1/2 tsp	Sea Salt
1/4 tsp	Ground Black Pepper
1/3 cup	Broken Roasted Walnuts

Directions:

- Preheat oven to 425 degrees
- Line a 10" x 15" baking sheet with Aluminum foil
- Place 16 oz. bag of Brussels sprouts into medium microwave safe bowl
- Add water to bowl and cover for steaming
- Steam brussels sprouts according to package directions in Microwave Oven on High Power for 5 to 7 minutes
- In a small bowl, whisk together olive oil, balsamic vinegar, sea salt and ground black pepper.
- Remove from microwave oven and drizzle combined ingredients over brussels sprouts and toss to coat
- Spread Brussels sprouts evenly over the prepared baking sheet
- Roast on foil lined baking pan for about 20 to 25 minutes or until crispy, turning at midpoint once during baking
- To serve: drizzle balsamic vinegar, and sprinkle with sea salt to taste.
- Mix in toasted walnuts for added texture

Serve warm.

Serves 4 to 6 people

TIP: For rewarms, I sautéed some firm tofu until lightly browned, cooked, and removed it from the skillet; cut it into chunks. Added the saved Brussels sprouts with a small amount of healthy butter product and some hot spicy sauce. We loved this addition so much that every last sprout disappeared.