

Delicious Roasted Brussels Sprouts

If you think you hate brussels sprouts, as many do, give this recipe a try. It brings amazing flavor and texture ... and might just become your favorite new vegetable! Be sure to notice some tips at the end to enhance the flavor even more.

makes

prep time

20 min

total time

1 hr

cook time

40 min

Ingredients

- 2 pounds Brussels sprouts, damaged outer leaves removed
- 3 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt or sea salt
- ½ teaspoon freshly ground black pepper

Instructions

1. Move an oven rack to the upper third of the oven.
2. Preheat the oven to 450 degrees Fahrenheit.
3. Cut each sprout in half lengthwise.
4. In a large bowl, toss the halved sprouts with the olive oil and salt.
5. Spread the sprouts in a single layer on a rimmed baking sheet.
6. Roast until the outer Brussels sprouts leaves are crispy and the tender insides are golden brown, about 30–40 minutes. Sprinkle the freshly ground black pepper on the Brussels sprouts.

COOK'S NOTES

If you want to add even more flavor, try some of these ideas:

1. Balsamic vinegar: Drizzle freshly roasted Brussels sprouts with balsamic vinegar or bottled balsamic glaze for a tangy flavor.
2. Pancetta: Add raw, cubed pancetta or chopped bacon to the Brussels sprouts and let them roast together.
3. Dried fruit: For a sweet twist, add a handful of cranberries or raisins to your Brussels sprouts once they're done roasting.
4. Parmesan: Coat freshly roasted Brussels sprouts with an ample amount of grated parmesan cheese.
5. Other roasted vegetables: Make a roasted vegetable medley by mixing Brussels sprouts with other fall favorites like sweet potatoes, pumpkin, and green beans.