

## Roasted Brussels Sprouts

### **Ingredients:**

- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- 1/2 teaspoon red chili flakes
- 1/4 teaspoon Kosher salt
- 1 medium lemon, cut in 6 wedges

### **Directions:**

1. Preheat oven to 400 F.
2. Remove loose outer leaves from sprouts and trim stems. Cut large sprouts in half.
3. Place all ingredients in a large resealable plastic bag, close tightly and shake to coat sprouts.
4. Pour sprouts onto a rimmed baking sheet.
5. Roast 30 to 45 minutes, shaking the pan or stirring the sprouts every 5 to 7 minutes for even browning. Reduce heat if necessary to avoid burning. Roast until dark brown, almost black, and tender. Serve with lemon wedges to squeeze onto finished sprouts

Serves 6

Nutrition Facts (without lemon)	
Serving Size 1	
Servings Per Recipe: 6	
Amount Per Serving	
<b>Calories</b> 69	Calories from Fat 45
% Daily Value *	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>10%</b>
<b>Protein</b> 2g	<b>5%</b>
Vitamin A	<b>12%</b>
Vitamin C	<b>97%</b>
Calcium	<b>3%</b>
Iron	<b>5%</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Recipe courtesy of Oklahoma Gardening, Oklahoma State University

<http://www.oklahomagardening.okstate.edu/recipes/2013/roasted-brussels-sprouts>



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: [go.osu.edu/cfaesdiversity](http://go.osu.edu/cfaesdiversity).