

## Roasted Brussels Sprouts

Serves: 12

amount	unit	Ingredients:
3	lbs	Brussels sprouts, halved
4	Tbsp	olive oil
1	tsp	salt
1	tsp	black pepper
2	Tbsp	balsamic vinegar
2	tsp	honey

Instructions: Preheat oven to 425 degrees. Line a baking sheet with aluminum foil. In a large bowl, toss Brussels sprouts with 3 Tbsp olive oil, salt, and pepper. Transfer the Brussels sprouts to baking sheet and roast, stirring occasionally, until tender, about 20 minutes. Place Brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar, and honey. Toss to coat evenly.

### Nutritional Information:

Calories: 90; Carbohydrates: 12g; Fiber: 4g; Sugars: 4g; Protein: 4g; Fat: 5g; Saturated Fat: 0.5g; Cholesterol: 0mg; Sodium: 190mg