

Balsamic Roasted Brussels Sprouts

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

Serves: 4

Tender on the inside, and crispy on the outside, these Brussels sprouts are a quick and easy addition to any meal.

Ingredients

- 1 pound Brussels sprouts, washed and trimmed
- 3 tablespoons balsamic vinegar
- 2 tablespoons avocado oil
- salt and pepper, to taste

Instructions

1. Preheat your oven to 375F.
2. Slice the Brussels sprouts in half, and place them in a large bowl. Pour the balsamic vinegar over the halves, and toss well to coat. Add the avocado oil, and toss again to coat. Arrange the Brussels into a single layer on a baking sheet, cut-side facing down, and sprinkle generously with salt and pepper.
3. Roast the Brussels sprouts for 25 minutes, turning the pan after 10 minutes for even browning. The sprouts are ready when they are lightly golden.
4. Remove from the oven and serve immediately!

**Note: This method can be used with any other sturdy vegetable, such as broccoli or asparagus. Feel free to experiment and discover new vegetables that you enjoy!*