

# Roasted Brussel Sprouts

HolisticQ Signature Recipe

Ingredients:

Brussel sprouts, like many other vegetables, are more flavorful roasted than steamed or boiled. In fact, this change in cooking methods can be the difference between simply tolerating them, or loving them! Try this roasting method with asparagus, quartered beets, butternut squash... a perfect side dish for steak, pork chops, or fish.

Ingredients:

1 pound fresh large brussel sprouts cut in half lengthwise

1/4 cup avocado oil

1/4 cup grated Parmesan cheese

1 teaspoon salt

1/2 teaspoon black pepper

Other incredible spices for roasting vegetables are smoked paprika, garlic, red pepper flakes, onion powder, bacon bits... personalize this recipe!

Make the sprouts...

Preheat oven to 400° and line a cookie sheet with parchment paper.

- Cut Brussel sprouts in half lengthwise and place in a large bowl.
- Add all of the oil, parmesan cheese, salt and pepper to the bowl and combine until sprouts are evenly coated.
- Spread out the Brussel sprouts in a single layer on the parchment paper and place on upper oven rack.
- Roast sprouts until tender and browned, approximately 15 - 20 minutes, or until desired doneness and ENJOY!