

Roasted Balsamic Brussel Sprouts

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 4

Ingredients

1 ½ lbs Brussels sprouts, rinsed and trimmed with outer leaves removed

2 Tbsp balsamic vinegar

sea salt and freshly ground black pepper, to taste

Instructions

- 1 Preheat the oven to 400 degrees.
- 2 Cut off the stem ends of the Brussels sprouts and remove the outer leaves. If the Brussels sprouts are large, cut them in half. Leave the smaller ones whole.
- 3 Place sprouts in a medium bowl. Toss with balsamic vinegar. Arrange the Brussels sprouts on a baking sheet and season with salt and pepper.
- 4 Bake for 15–20 minutes or until sprouts are just barely tender and maybe even still a little crunchy. Turn the sprouts over once halfway through cooking.
- 5 Remove from the oven, place in a serving bowl and enjoy this amazing side dish.

Notes

If using as a Phase 3 Recipe then add 2 Tbsp extra virgin olive oil but reduce the balsamic vinegar to 1 tbsp.

If you wish to add a few variations to this recipe, try adding minced garlic and spices like chili powder or cayenne pepper or slivered almonds and bacon (Phase 3). It's fun to experiment with your favorite ingredients and seasonings.

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