

## Oven Roasted Brussels Sprouts..with Options!

### Ingredients

- 1 pound Brussels sprouts trimmed and halved lengthwise
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

### Directions

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with oil, salt and pepper on a rimmed baking sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 30 to 35 minutes. The leaves that are loose will be especially brown and crispy. Transfer to a bowl and serve.

### Option 1: Rosemary Parmesan Brussels Sprouts

Add 1 tablespoon chopped fresh rosemary to Brussels sprouts before roasting. During the last 5 minutes of roasting, add ¼ cup pine nuts. Stir well and continue roasting until Brussels sprouts are tender. Before serving, toss with ¼ cup shredded Parmesan cheese.

### Option 2: Cranberry Pecan Brussels Sprouts

During the last 5 minutes of roasting, add 1 cup dried cranberries and ¼ cup pecan pieces. Stir well and continue roasting until Brussels sprouts are tender.

### Option 3: Brussels Sprouts and Kale Salad

After roasting, allow Brussels sprouts to cool to room temperature. Toss with 4 cups baby kale mix, ¼ cup crumbled goat cheese and ¼ cup balsamic vinaigrette.

**Mary-Beth says:** “Brussels sprouts, roasted, are indeed wonderful on their own. Adding an additional flavor from one of the options might get even the most anti brussels sprouts guest to take a second helping!”

\*recipe from [Whole Foods Market Holidays](#)