

# Garlic Roasted Brussels Sprouts



## INGREDIENTS:

1 lb Brussels sprouts,  
trimmed and halved  
3 tablespoons olive oil  
4 cloves garlic, minced  
Salt and black pepper, to  
taste  
Optional: grated Parmesan  
cheese, for serving

## INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. In a large mixing bowl, toss the halved Brussels sprouts with olive oil, minced garlic, salt, and black pepper until they are well coated.
3. Spread the Brussels sprouts in a single layer on a baking sheet lined with parchment paper or aluminum foil.
4. Roast the Brussels sprouts in the preheated oven for about 25-30 minutes, or until they are tender and caramelized, stirring halfway through the cooking time to ensure even roasting.
5. Once the Brussels sprouts are roasted to your desired level of caramelization, remove them from the oven.
6. Transfer the roasted Brussels sprouts to a serving dish and sprinkle with grated Parmesan cheese, if desired, before serving.
7. Serve the garlic roasted Brussels sprouts hot as a delicious and nutritious side dish.

