



Roasted Brussels Sprouts

Tips

- Use frozen Brussels sprouts for this recipe. Just be sure not to let them thaw before cooking, as this could make them soggy.

- Be careful not to crowd the pan. Arrange the Brussels sprouts in a single layer.



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Recipe

Ingredients:

Frozen Brussels sprouts, cut in half	1 lb
Olive oil	2 Tbsp

Directions

1. Preheat convection oven to 375 °F.
2. Cut sprouts in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife.
3. Pour olive oil over sprout halves. Toss and coat well.
4. Place up to 4 pounds of sprouts on each full sized sheet pan. Do not overload pan because the bottom layer will steam, not roast.
5. Roast at 375° F until golden brown and al dente.

Suggested serving: 1/2 cup