

Roasted Brussels Sprouts

Maine Child Nutrition

Lunch Side

SERVING SIZE: ½ Cup

YEILD: 16 SERVINGS

MEAL PATTERN CONTRIBUTION: ½ Cup Other Veg

Ingredients and Instructions

Brussels Sprouts	8 Cups
Oil	2 Tbsp
Salt and Pepper	To Taste
Additional seasonings (optional)	To Taste

1. Preheat oven to 350 degrees.
2. Cut brussels sprouts in half or quarters depending on the size.
3. Drizzle with olive oil and add salt and pepper. Toss to fully coat.
4. Spread onto a lightly greased sheet pan and place in the oven to roast, about 20-25 minutes. Be sure to check part way through to see if the pan needs to be rotated.
5. Serve warm.

****NOTE:** If using frozen brussels sprouts place in the oven for 10 minutes and then drain off any excess water before tossing in seasonings.