



Roasted Brussel Sprouts

Ingredients:

- 1 cup Brussel Sprouts
- 1 tbsp extra virgin olive oil
- 1 pinch of salt
- 1 pinch of pepper
- 1/4 juice of a lemon
- 1 tsp honey

Materials:

- 1 baking sheet
- Foil or parchment paper

Storage Instructions:

Refrigerate the Brussel Sprouts at or below 40 degrees Fahrenheit until ready to use.

Instructions:

- Preheat the oven to 425 degrees Fahrenheit. Line a large baking sheet with parchment paper or foil for easy cleanup.
- To prepare your Brussel sprouts, slice off the nubby ends and remove any discolored or damaged leaves. Cut each sprout in half from the flat base through the top if not already done.
- On your baking sheet, combine the halved sprouts, olive oil, pepper, salt, honey, and lemon juice. Toss until the sprouts are lightly and evenly coated. Arrange the sprouts in an even layer with their flat sides facing down.
- Roast the Sprouts until they are tender and deeply golden on the edges, about 20 to 25 minutes and internal temperature of 165 degrees F or higher.



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