

# RECIPE OF THE WEEK

## Air Fryer Brussels Sprouts

### Ingredients

- 3/4 - 1 lb Brussel Sprouts
- 3 - 4 tsp Olive Oil
- 1/2 tsp Salt



### Preparation

1. Cut off the stems, cut in half vertically, and remove any tough leaves.
2. Rinse and shake dry.
3. Once Brussels sprouts are prepared, place them in a plastic zip-lock bag.
4. Pour olive oil and salt over the Brussels sprouts.
5. Seal bag and mix together thoroughly.
6. Preheat the air fryer to 390° for 5 minutes.
7. Add Brussels sprouts to the air fryer basket.
8. Set temp to 390° and the timer for approximately 15 minutes.
9. During the cooking process, remove the basket and shake.
10. Sprouts are done when leaves are crispy and centers are tender.
11. Serve and enjoy!

