

GARLIC ROASTED BRUSSELS SPROUTS & TOMATOES

INGREDIENTS

- 1 lb. Brussels sprouts washed
- 1 pint cherry tomatoes - washed
- 3-4 tbsp. garlic - minced
- Drizzle of Ideal Protein Balsamic Dressing
- Sprinkle salt - to taste

PREPARATION

1. Preheat oven to 400°F and line baking sheet with parchment paper or silicone baking mat.
2. Cut washed Brussels sprouts in half lengthwise and spread evenly on baking sheet in one layer. Add whole cherry tomatoes and disperse evenly.
3. Sprinkle the minced garlic over the Brussels sprouts and tomatoes.
4. Bake for 10 minutes.
5. Remove from oven and toss to mix and then spread out evenly again.
6. Bake for 10-12 more minutes or until the Brussels sprouts are lightly browned and the tomatoes are breaking open.
7. Serve immediately with a drizzle of IP Balsamic Dressing and lightly sprinkle salt to taste.
8. You can refrigerate leftovers in an airtight container for up to 1 week.

