

DIJON BRUSSEL SPROUTS



SERVING SIZE

3



INGREDIENTS

ITEM

Brussels Sprouts, Trimmed and Halved
Olive Oil
Dijon Mustard
Smoked Paprika

QUANTITY

1½ Lb.
2 Tbsp.
1 Tbsp.
½ Tsp.

ITEM

Garlic Powder
Onion Powder
Salt
Pepper

QUANTITY

⅛ Tsp.
⅛ Tsp.
½ Tsp.
¼ Tsp.



PREPARATION

- ✔ Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- ✔ Whisk together the olive oil, dijon mustard, salt, pepper, garlic powder, onion powder, and smoked paprika in a large bowl.
- ✔ Toss the brussel sprouts in the dijon mixture, then spread them evenly on the prepared baking sheet.
- ✔ Roast for 20-25 minutes, stirring halfway through, until they are tender and golden brown.
- ✔ Enjoy!