

BALSAMIC BRUSSELS SPROUTS



SERVING SIZE

3



INGREDIENTS

ITEM

Brussels Sprouts
Kosher Salt
Freshly Cracked Black Pepper
Olive Oil
Ideal Protein Balsamic Vinegar

QUANTITY

6 Cups
1 Tsp.
½ Tsp.
1 Tbsp.
3 Tbsp.



PREPARATION

- ✔ Set oven to 400°F (204°C). Line a baking sheet with parchment paper.
- ✔ Wash and halve Brussels sprouts. Pat dry with a towel.
- ✔ In a large bowl, toss sprouts with olive oil, balsamic vinegar, salt, and pepper until evenly coated.
- ✔ Spread sprouts in a single layer on the baking sheet.
- ✔ Roast for 20-25 minutes, flipping halfway through, until golden brown and tender.
- ✔ Transfer to a serving dish and drizzle with an extra splash of balsamic vinegar, if desired. Serve warm.