

BALSAMIC AND MUSTARD BRUSSEL SPROUTS



SERVING SIZE

3



INGREDIENTS

ITEM

Brussels Sprouts, halved
Extra-Virgin Olive Oil
Ideal Protein Balsamic Vinegar
Dijon Mustard
Lemon Juice
Salt and Freshly Ground Black Pepper

QUANTITY

6 Cups
2 Tbsp.
1 Tbsp.
2 Tsp.
2 Tsp.
To Taste



PREPARATION

- Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- In a large bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, lemon juice, salt, and pepper.
- Add the halved Brussels sprouts and toss until evenly coated.
- Spread Brussels sprouts in a single layer on the baking sheet.
- Roast for 20-25 minutes, turning halfway through, until tender and caramelized on the edges.
- Remove from the oven, toss lightly in any remaining dressing if desired.
- Serve warm. Enjoy!