

## *Idiot's Kitchen Recipe – Roasted Brussels Sprouts*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

1 ½ - 2 pounds fresh Brussels sprouts  
1 clove garlic, grated  
1 – 2 Tablespoons olive oil  
1 Tablespoon Balsamic vinegar  
1 Tablespoon Water  
Salt & Pepper

Preheat the oven to 400 degrees.

Wash the Brussels sprouts, trim off the bottom stem, and remove any icky looking leaves. Cut the sprouts in half or in quarters if they are big. Place in a 9x13 inch baking dish and grate 1 clove of garlic over the sprouts.

Toss the sprouts with 1-2 Tablespoons olive oil, 1 Tablespoon Balsamic Vinegar, 1 Tablespoon water, salt, and pepper. Be sure all of the sprouts are coated with the oil and seasonings.

Roast at 400 degrees for 30 minutes. Halfway through the cooking time, stir or shake the pan to be sure the sprouts roast on all sides.

Should serve 4 as a side dish, but really only served 2 at our house because we were piggy.