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Roasted Brussels Sprouts with Rosemary

3 cups Brussels sprouts, trimmed.
2 cloves garlic, minced
1 Tbsp minced fresh rosemary
2 Tbsp extra-virgin olive oil
1 Tbsp Apple Cider Vinegar
1/4 tsp fine-grain sea salt, or more if needed
Freshly ground pepper, to taste
Red pepper flakes, to taste (optional)

Preheat oven to 400 F. Line a large rimmed baking sheet with parchment paper.
Trim the stems off the Brussels sprouts and remove loose leaves. Rinse and pat dry.
Slice Brussels sprouts in half through the stem end and place them in a bowl.
Add the garlic, rosemary, oil, vinegar, salt, pepper and pepper flakes, if using.
Stir until the Brussels sprouts are evenly coated.
Roast for 35 to 40 minutes, stirring once halfway through baking time, until the Brussels sprouts are browned.
Season with more salt and pepper if desired and serve immediately.

Note: The Brussels sprouts can be substituted or mixed with broccoli and/or cauliflower.