

Brussel Sprouts 2 WAYS

EASY ROASTED BRUSSEL SPROUTS

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 35MIN

Ingredients

1 lb brussel sprouts
Olive Oil
1 Tbsp Garlic Powder
Salt & Pepper to taste

Directions

1. Preheat oven to 400
2. Trim the bottom of the brussels and remove any bad leaves
3. Place them in a bowl & drizzle them in olive oil until coated.
4. Toss in Garlic Powder and salt & pepper.
5. Spread on a roasting sheet & roast for 30-40 minutes until soft. Shake the pan every 7-8 minutes to ensure the brussels roast evenly.



SAUTEED BRUSSEL SPROUTS WITH BACON

SERVINGS:4

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Ingredients

1 lb brussel sprouts, sliced
4-5 rashers of bacon
2-3 cloves of garlic, minced
1/2 onion, sliced
salt & pepper to taste
1 tsp lemon juice

Directions

1. In a frying pan, cook the bacon until crispy, then remove the bacon, but leave the grease in the pan
2. Add the onions & garlic & cook over medium heat until softened
3. Add in the brussels and sauté until softened, about 10 minutes
4. Finish with lemon juice and salt & pepper.