

Side

Crispy Brussel Sprouts with Balsamic Drizzle



Ready in **15 minutes**

Serves **4-6**

Ingredients

- 2 lb bag of organic brussel sprouts
- Your favorite seasoned salt or garlic salt
- 3-4 Tbsp olive oil
- 3 Tbsp high quality balsamic vinegar (aged 18 years is best)

Preparation

1. Preheat oven to 400 degrees
2. Wash and pat dry sprouts.
3. Cut off and throw away bottoms. Slice lengthwise.
4. Flake off petals for crispy bites of sprouts.
5. Distribute evenly in a cookie sheet.
6. Sprinkle with your favorite seasoned salt, or garlic salt works just fine.
7. Drizzle with olive oil, mix.
8. Bake for 20 minutes, flipping once.
9. While still hot, drizzle with balsamic vinegar.

Tips

The more petals you flake off, the more crispy, crunchy bites of bliss you'll have..

Spiritual Message from this recipe

I never liked brussel sprouts, until I tried it like this. It's another lesson for life - be open, try things in new ways, you may be pleasantly surprised.