

Roasted Brussels Sprouts

Serving Size: ½ Cup | Servings per Recipe: 4 | Diabetes Friendly



INGREDIENTS

- 1 pound of brussels sprouts
- 4 to 6 tablespoons of oil
- 5 cloves of garlic, peeled
- Salt and pepper to taste

DIRECTIONS

- Heat oven to 400F. Trim bottom of brussels sprouts, and slice each in half, going from top to bottom.
- Heat oil in a pan over medium-high heat; put brussels sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
- Cook until brussels sprouts begin to brown on bottom, and transfer to the oven. Roast, shaking pan every 5 minutes, until brussels sprouts are brown and tender (about 10 to 20 minutes).



Calories per serving: 208 | 17 g total fat | 12 g total carbohydrates | 145 mg sodium | 4 g protein