



Crispy Brussels Sprout Snacks

NIBBLEDISH CONTRIBUTOR

Ingredients

1 lb Brussels sprouts
Olive Oil
Coarse sea salt
Fresh cracked pepper
Garlic powder
1 pinch cayenne pepper or red pepper flakes
Balsamic Vinegar (optional)

Instructions

These little bites are so yummy, you'll forget you're eating a vegetable at all. I make them in big batches because they will go fast! This recipe will make enough for a side dish for 3-4 people.

Preheat the oven to 400 degrees.

Wash and remove the outer layer of leaves on the sprouts. (Tip: you can blanch these and throw them into a salad, if you want). Cut the Brussels sprouts into quarters.

On a large baking sheet, drizzle oil over the brussels and toss with seasonings. Roast in the oven for about 20 minutes. (I like to turn the boiler on low for the last 5 minutes to get the outer leaves nice and crispy).

Serve with balsamic vinegar or as is! Enjoy!