



Roasted Brussel Sprouts

SIDE

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed 3 apple cider vinegar or liquid aminos.
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper



Directions

1. Preheat the oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, apple cider vinegar or liquid aminos, kosher salt, and pepper in a large bowl and mix around until well coated. Pour onto a baking sheet, and place on the center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking the pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary.

Serve immediately.