

# Roasted Brussels Sprouts

- Heather Morrill, Portland Farmers Market

## INGREDIENTS

1 1/2 pounds Brussels sprouts  
8oz bacon, cut into 1 inch pieces

### *Meatless alternative*

1 1/2 pounds Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

## DIRECTIONS

Preheat oven to 400 degrees F.

### Bacon preparation:

- Remove sprouts from stalk and rinse. Cut off the stalk ends of the Brussels sprouts and pull off any yellow outer leaves. Cut in half.
- Place flat side up on baking sheet. Arrange one piece of bacon on top of each half sprout.
- Roast for 15 to 30 minutes, until crisp on the outside and tender on the inside. Larger sprouts will take a little longer to cook. Pierce with fork to test for tenderness. Serve immediately.

### Meatless Preparation:

- Remove sprouts from stalk and rinse. Cut off the stalk ends of the Brussels sprouts and pull off any yellow outer leaves. Cut in half.
- Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 15 to 30 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Larger sprouts will take a little longer to cook. Pierce with fork to test for tenderness. Serve immediately.

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