



ROASTED BRUSSELS SPROUTS & SHALLOTS

Intermediate Lifestyle

INGREDIENTS

24 small shallots
2 TBS extra-virgin olive oil, divided
2 lbs Brussels sprouts, preferably small
1 TSP kosher salt

INSTRUCTIONS

—Preheat oven to 375°.

—Peel shallots, leaving the root ends intact so they'll hold together. Place on a large sheet of foil; sprinkle 1 TBS oil over the top. Seal the packet and bake until the shallots are tender, about 45 minutes. Remove from foil and set aside to cool.

—Meanwhile, remove the outer leaves from Brussels sprouts and trim the stems. Cut the small sprouts in half and quarter the larger ones. Place the shallots and Brussels Sprouts in a roasting pan. Toss with the remaining 1 TBS oil and salt.

—Increase oven temperature to 400°. Roast, tossing twice during cooking, until the Brussels sprouts are tender and lightly browned, 25 to 35 minutes.

SERVING INFO: (Serves 12)

½ cup = 1 V

See photo of recipe at [Instagram](#) and [Facebook](#).