



Roasted Garlic Brussels Sprouts

Tender garlic Brussels sprouts roasted to perfection.

Ingredients

- 4 cups fresh Brussels sprouts, washed and trimmed
- 1 head garlic, skin removed from each clove and quartered
- 1 teaspoon dried thyme leaves
- 1 ½ tablespoon extra-virgin coconut oil, melted
- ¼ teaspoon sea salt
- Freshly ground black pepper

Directions

Preheat oven to 400F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a large bowl with remaining ingredients. Ensure to toss well to combine.

Drop onto a shallow baking pan and roast until tender and edges begin to brown, about 20 minutes. Shake the pan every 5 minutes to brown the sprouts evenly. Sprinkle with more kosher salt and serve immediately.

Makes 4 servings.



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