



Roasted Brussels Sprouts



Makes: 6 Servings

Total Cost: \$\$\$\$

Cook Time: 20 minutes

Preparation Time: 5 minutes

Roasting Brussels sprouts creates a warm, flavorful, and versatile vegetable dish. This recipe is simple and does not require many ingredients.

Ingredients

- 6 cups Brussels sprouts
- 1 tablespoon vegetable oil (or cooking oil of choice)
- 1/8 teaspoon salt

- 1/8 teaspoon black pepper
- 1 teaspoon lemon juice

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Wash and trim Brussels sprouts. Cut large Brussels sprouts in half from top to bottom; leave small Brussels sprouts whole.
4. In a large bowl, toss Brussels sprouts with the oil, salt, and pepper.
5. Place Brussels sprouts in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.
6. Roast for 20 to 30 minutes, stirring once after 10 to 15 minutes. Sprouts should be tender and browned.
7. Remove from oven and drizzle with lemon juice.

Notes

Try adding other seasonings with the lemon juice such as red pepper flakes or parmesan cheese.

Learn more about:

- [Brussels Sprouts](#)
- [Lemons](#)

Source:

Food Hero

Oregon State University Cooperative Extension Service

Nutrition Information

Serving Size: 1 cup

MyPlate Food Groups



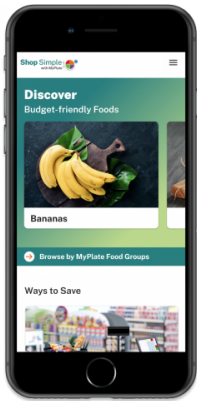
Vegetables

1 cups

Nutrients	Amount
Total Calories	58
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	72 mg
Carbohydrates	8 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	1 mg
Potassium	344 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



Shop Simple with MyPlate

Find savings in your area and discover new ways to prepare budget-friendly foods.

[Learn more](#)



MyPlate on Alexa

Get MyPlate nutrition tips on Amazon Alexa devices or the free Alexa app.

[Learn more](#)



Start Simple with MyPlate App

Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today.

[Learn more](#)



MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

[Learn more](#)



MyPlate
U.S. DEPARTMENT OF AGRICULTURE