



Recipes

Leafy Greens

Roasted Brussels Sprouts and Fennel

Prep Time: 5 minutes

Cooking Time: 25 minutes

Yield: 4-6 servings

Ingredients:

- 1 pound Brussels sprouts, ends cut and sliced in half
- 1 bulb fennel, sliced in half
- 1 tablespoon extra virgin olive oil
- Course sea salt and freshly ground pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Place vegetables on a baking sheet.
3. Drizzle oil over and mix until all ingredients are covered.
4. Sprinkle with sea salt and pepper.
5. Cook for 20-25 minutes.