



Recipes

Vegetables

Roasted Brussels Sprouts and Fennel

Prep Time: 5 minutes

Cooking Time: 25 minutes

Yield: 4-6 servings

Ingredients:

- 1 pound Brussels sprouts
- 1 bulb fennel
- 1 tablespoon extra virgin olive oil
- coarse sea salt and freshly ground pepper

Directions:

1. Preheat oven to 350 degrees.
2. Slice fennel and slice Brussels sprouts in half.
3. Drizzle oil and mix until all ingredients are covered. Sprinkle with salt and pepper.
4. Place on a baking sheet and roast for 25-30 minutes.