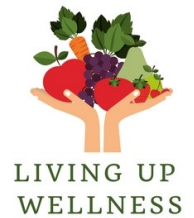


Sesame Roasted Brussels Sprouts



Course: Side Dish
Categories: Vegetable
Source: www.livingupwell.com
Serving size: 4 servings 1 cup
Preparation time: 5 mins
Cooking time: 10 mins

Ingredients

1 pound Brussels sprouts
3 tablespoons dark sesame oil
1 tablespoon Braggs Aminos
1 tablespoon minced garlic
1 tablespoon sesame seeds
Parchment paper

Directions

Preheat oven to 425 F.

1. In small bowl, whisk together: 1 tbsp. Braggs Aminos, 3 tbsp. sesame seed oil, 1 tbsp. sesame seeds, 1 tbsp. minced garlic
2. Using a knife, trim off the bottom of the tough stem end of each Brussels sprout. Then, remove any yellow or damaged leaves, and cut each Brussels sprout in half lengthwise, from tip to trimmed end. Cut smaller Brussels sprouts in half, for larger ones, cut each half in half.
3. Place Brussels sprouts in a single layer on a cookie sheet covered with parchment paper. Pour sesame garlic sauce over Brussels sprouts and mix to coat evenly.
4. Cook on bottom rack for 10-12 minutes, until Brussels sprouts have browned and are softened to your preference. Remove from heat. Taste, season with s&p if needed.