

BC OVEN ROASTED BRUSSELS SPROUTS



INGREDIENTS

1.5 lbs	BC Brussels Sprouts	680 g
3 tbsp	Vegetable Oil	45 ml
3/4 tsp	Salt	4 ml
1/2 tsp	Ground Pepper	2 ml

DIRECTIONS

1. Preheat oven to 400° F (205° C)
2. Wash & trim the bottom (stalk end) of the Brussel Sprouts. Cut the sprouts in half, lengthwise.
3. Toss Brussels sprouts, vegetable oil, salt, and pepper together in a bowl. Place onto a baking sheet.
4. Roast in the oven for 30 to 45 minutes or until they are slightly browned.
5. Toss the Brussels sprouts after 15 minutes of cooking to ensure even browning.

BC AG FACT

Brussels sprouts are planted in late spring or early summer so that they can be harvested in the fall. Plants require at least 100 days to mature, they have shallow roots and prefer a cooler growing season.