



MAPLE ROASTED BRUSSEL SPROUTS

- 1 1/2 lbs. Brussels sprouts
 - 1 C. baby portabella or button mushrooms, cut in half
 - 1/4 C. olive oil
 - 1/2 tsp. sea salt
 - 1/4 tsp. ground pepper
 - 2 tbsp. maple syrup
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Preheat oven to 375 degrees F.

Remove any yellow or brown outer leaves of Brussel sprouts; remove stems and cut in half.

In a large bowl, toss Brussels sprouts, mushrooms olive oil, salt and pepper to coat.

Spread Brussels sprouts in a single layer on a foil-lined 9 x13 baking pan.

Bake 15 minutes. Stir to evenly brown.

Bake 15 minutes. Drizzle maple syrup over Brussels sprouts and mushrooms. Stir to coat.

Bake for additional 10–15 minutes until Brussel sprouts are fork-tender.

