

OvenRoasted Brussels Sprouts with Garlic

Savannah · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

4

Description

Ovenroasted Brussels sprouts with garlic are very easy and yummy

Ingredients

- - 6 tablespoons olive oil - 1 pound Brussels sprouts
- trimmed and halved lengthwise - 6 cloves garlic
- minced - salt and ground black pepper to taste - 1 tablespoon balsamic vinegar

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Heat oil in a cast iron skillet until shimmering. Carefully place Brussels sprouts
2. cut-sides down
3. into hot oil. Sprinkle in garlic
4. salt
5. and pepper. Cook until Brussels sprouts begin to brown
6. 3 to 5 minutes. Transfer the skillet to the preheated oven; cook until Brussels sprouts are very browned and tender
7. 10 to 20 minutes. Shake the skillet every 5 minutes to ensure even cooking. Season with salt and pepper
8. stir in balsamic vinegar
9. and serve immediately.