

## Simple Roasted Brussels Sprouts

*This is a recipe from Art and Larry King of Harvest Valley Farms. It's a kid-approved family favorite in their house ... and ours!*

- washed Brussels sprouts
- chopped fresh garlic
- a "little olive oil"
- salt and pepper

Put washed Brussels sprouts in a zip top bag with the chopped garlic, olive oil and salt and pepper. Close the bag and shake to coat the sprouts with oil and seasonings.

Dump contents on to a baking sheet and spread in a single layer.

Place in a 450° oven for about 10 minutes until they start to brown, shaking the pan about halfway through to ensure even browning.

Serve immediately.

This recipe is especially good with the tiny Brussels sprouts that are about 1/2-inch in diameter. If using larger sprouts, cut them in half lengthwise before seasoning.