

Cumin Roasted Brussels Sprouts

Prep time:

10 minutes

Cook time:

20 minutes

Yields:

2 servings

Ingredients:

- 1 ½ cups raw brussel sprouts, trimmed and sliced in half
- 2 T olive oil
- 1/2 tsp cumin
- Salt and pepper to taste

Directions:

Preheat oven to 425 degrees and line a baking sheet with parchment paper or non-stick spray.

In a small bowl, toss brussel sprouts with olive oil, cumin, salt and pepper.

Lay brussel sprouts cut side down on baking sheet and place in the oven for 15 -20 minutes until browned.

Serve immediately.

Chef Mat Shalenko, June Health and Wellness