

Fast Oven Roasted Brussel Sprouts

By April from Love Our Real Life

Ingredients:

- Brussel Sprouts (I buy mine in a bag that allows you to steam them in the microwave first)
- Olive Oil (~1 -2 Tablespoons)
- Salt to taste
- Pepper to taste
- 1/4 cup Shredded Parmesan Cheese

Steps:

1. Steam the brussel sprouts in the microwave for 4 - 5 minutes in the bag they come in. This is how I buy them at all of the grocery stores I shop. Be sure to cut the corner of the bag slightly prior to steaming.
2. Allow the brussel sprouts to cool for 1 minute in the microwave to avoid burning yourself.
3. Place brussel sprouts directly onto cookie sheet lined with aluminum foil.
4. Toss the brussel sprouts with olive oil, adding salt and pepper to taste. (Alternatively, you could put the brussel sprouts in a Ziploc bag and add the olive oil, salt and pepper. Seal and shake to allow more even coverage. It works just fine either way!).
5. Bake in preheated oven at 400 degrees for 5 - 7 minutes, toss to allow roasting on other side, bake an additional 5 -7 minutes, or until golden brown.
6. Take out of the oven and toss with parmesan cheese.