

Balsamic Brussels Sprouts

Instructions

1. Place the Brussels sprouts on a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with salt and pepper. Bake at 400 degrees for 25-30 minutes, or until the edges are crisp.
2. Stir the balsamic vinegar and honey together in a small bowl to make a glaze.
3. When the sprouts are done baking, drizzle them with the balsamic glaze. Sprinkle with red pepper flakes if desired.

Ingredients

- 2 heaping cups of Brussels sprouts, halved
- 2 tsp olive oil
- Salt
- Pepper
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- Red pepper flakes (optional)

Grocery List

- Brussels sprouts
- Olive oil
- Salt
- Pepper
- Balsamic vinegar
- Honey
- Red pepper flakes

Source: WILMA Fitness app, Nutrition library