

Roasted Brussels Sprouts

The students have tasted and loved Brussels sprouts roasted with maple syrup. These cruciferous veggies are related to broccoli, cauliflower, and kale and are packed with fiber and Vitamin C. They are quick and delicious and great as a veggie side in the winter season.

Quote from the kids:

"I could eat these all day for the rest of my life!" (First Grade)

Roasted Brussels Sprouts (Makes 6 servings):

- At least 60 Brussels sprouts, cut in half with tough, outer leaves removed
- 2 1/2 Tablespoons maple syrup
- Drizzle of olive oil
- Large pinch of salt

Preheat oven to 375 degrees. Toss all ingredients in a large bowl. Spread in an even layer on a baking sheet. Bake for 12-15 mins. until edges are crispy and centers are soft. Enjoy!