



# Recipes

## Vegetables

### Roasted Brussels Sprouts

*Prep and Cook Time: 30 minutes*

*Yield: 4 or more servings*

**Ingredients:**

- 1 pound Brussels sprouts
- 3 tablespoons extra-virgin olive oil, plus more if desired
- 1 tablespoon Dijon mustard
- 1/2 teaspoon gluten free Tamari sauce
- 1/4 teaspoon sea salt
- Several grinds of fresh black pepper
- 1-2 tablespoons fresh lemon juice, or more to taste
- Handful or two of drained and rinsed garbanzo beans (optional)

**Directions:**

1. Heat oven to 475°F.
2. Remove any yellow or funky outer leaves on Brussels sprouts, then trim the core ends and halve lengthwise.
3. In a large bowl, whisk together the olive oil, Dijon mustard, gluten free tamari sauce, sea salt, and pepper in your mixing bowl and then add the Brussels sprouts, tossing until thoroughly coated.
4. Arrange the sprouts cut side down and evenly spaced on heavy duty baking sheet lined with unbleached parchment paper. If they don't cover the whole sheet, spread them around the edges for the best browning.
5. Roast until tender and brown, about 12-15 minutes. Start checking after 10 minutes if you prefer that they still have a little crunch.
6. Place the hot roasted sprouts back in the mixing bowl, add the lemon juice and garbanzo beans and toss until combined. Season to taste, adding a little more olive oil if desired, and serve.