

# Roasted Brussels Sprouts



These tender and nutty sprouts are not your mamas' brussels sprouts; they are rich in flavor, texture, and color. Roasted them in a high temperature oven allows the outer leaves to brown and develop delicious flavor while the insides remain firm yet tender. We use this method for roasting for nearly all of our vegetables. Replace the salt and pepper with either Canadian or Kansas City steak seasoning mix for a more complex flavor. Vegetables never tasted so good.

This recipe was developed for the Cattleman's Weekly as part of a menu for young ranch families. The other menu items include sweet potato dumplings (gnocchi) with sage buttered apples, honey pecan chicken, and chocolate lava cakes. --See companion recipes.

2 pounds Brussels sprouts, trimmed  
3 tablespoons extra virgin olive oil  
½ teaspoon pepper, freshly ground  
½ teaspoon salt

Preheat oven to 425 degrees.

Trim ends and any damaged leaves from the brussels sprouts.

Pour olive oil over sprouts and stir to coat.

Place brussels sprouts on a backing pan in a single layer.

Sprinkle with salt and pepper.

Roast for approximately 20 minutes or until Brussels sprouts begin to brown. Serve immediately. For more tender sprouts, cover the serving dish with foil and rest for 10 minutes.

Serves 4 to 6

## Deviations

Replace the salt and pepper with either Canadian or Kansas City steak seasoning mix for a more complex flavor. Canadian and Kansas City steaks seasonings are readily available in the grocery store or bulk food warehouse. You can make your own by combing coarse salt, cracked pepper, red pepper flakes, garlic flakes, mustard seed, caraway, and coriander.