

Lemon Garlic Brussels Sprouts

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Lemon Garlic Brussels Sprouts with Pomegranates



Ingredients

2 Lbs Brussels Sprouts
2 Garlic cloves, sliced thinly
1/4 c Olive Oil
1 T grated Lemon Zest
1 t Kosher salt
1 t Black pepper
1 T Lemon juice

Directions

Wash Brussels sprouts and pat dry. Slice in half the long way. Toss them with Olive Oil, salt, pepper and Lemon Zest. Roast in oven at 425° for approximately 25 minutes.

Pomegranate Brussels Sprouts

(Variation of Lemon Garlic recipe above)

Ingredients

2 Lbs Brussels Sprouts
2 Garlic cloves, sliced thinly
1/4 c Olive Oil
2 T grated Lemon Zest
1 t Kosher salt
1 t Black pepper
1 T Lemon juice

1/2 c Pomegranate seeds
1/2 c Parsley, chopped

Directions

Wash Brussels sprouts and pat dry. Slice in half the long way. Toss them with Olive Oil, salt, pepper and one tablespoon of Lemon Zest. (Reserve other Tablespoon.) Roast in oven at 425° for approximately 25 minutes. Sprinkle with Pomegranate seeds and chopped parsley.