



Crispy Roasted Brussel Sprouts

By Chef Veera Gaul, Ph.D.



Ingredients

1 lbs Brussels sprouts, trim ends and halve
¼ cup O&V [Lemon EVOO](#) *
2-3 tablespoons O&V [Fig vinegar](#) *
1 tablespoon lemon juice
4-6 cloves of garlic, chopped
¼ teaspoon red chili flakes (or to taste)
Salt and Fresh Cracked Pepper to taste
1 teaspoon fresh thyme, chopped
2 tablespoons sliced, blanched almonds (plain or toasted to garnish)

Preparation

Preheat oven to 425F

Trim the hard root end of the brussels sprouts and cut them in half. Place in a bowl. In a measuring cup, mix together the oil, lemon juice, garlic, salt pepper, thyme and red chili flakes. Mix well and pour over the sprouts to coat well.

Spread in a single layer in a sheet pan and bake for 20 minutes turning once or twice until the sprouts are tender and start to turn golden. Remove from the oven and drizzle with the vinegar. Return to the oven for another 5-8 minutes.

Remove and serve garnished with sliced almonds

Active Time: 10 minutes. Total Time: 40 minutes
Serves 4

Notes

* Yes, as always, I love using the products from our [Oil & Vinegar franchise](#). I usually suggest that you can substitute products in most of my recipes. While I have tried this recipe with a plain EVOO and lemon juice or an aged balsamic instead of the fig vinegar with good results, the use of this particular oil and vinegar are my “secret ingredients” to making this dish crunchy, lemony, sweet, crispy and irresistible!

Categories: Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Dairy-Free, Brussels Sprouts, Lemon EVOO, Fig Vinegar, Almonds, Crispy, Roasted