

Cleveland County Kitchen
February 2018
Food of the Month – Brussels Sprouts
Chef Cathey Noell, Food Journalist
Chef's Recipe



Oven Roasted Brussels Sprouts with Shallots and Balsamic Vinegar

Ingredients

1 pound Brussels Sprouts, bottoms trimmed, outer leaves discarded and cut in half

4 ounces shallots, finely sliced

2 tablespoons olive oil

Kosher salt

Freshly ground black pepper

1 tablespoon balsamic vinegar

Directions

Line a baking sheet with foil for easy clean up. Place the baking sheet in the oven and preheat your oven to 500 degrees. In a mixing bowl add in the Brussels sprouts, shallots and olive oil. Sprinkle with salt and pepper to taste. When the baking sheet and oven have reached the temperature of 500 degrees, carefully remove baking sheet and add in the Brussels sprouts. Spread them out evenly, you'll hear them sizzle on the baking sheet. Return baking sheet to the oven and roast Brussels sprouts for about 10 to 15 minutes, until caramelized, shaking the pan once or twice. Sprinkle with the balsamic vinegar and serve.

Serves 4

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