



Hustle 'n Brussels Foil-Pack Attack



1/2 of pack: 182 calories, 2.75g total fat (0.5g sat fat), 513mg sodium, 35.5g carbs, 6.5g fiber, 5g sugars, 6g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 35 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

10 Brussels sprouts (or 14, if small), halved
10 oz. baby red potatoes, cut to same size as halved sprouts
1/2 cup chopped onion
1 tsp. olive oil
1/2 tsp. chopped garlic

Seasonings

1 tsp. dried rosemary
1/2 tsp. coarse salt

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Mix all ingredients in a medium bowl. Distribute onto the center of the foil, and cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 30 - 35 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

Hungry GRILL Instructions! Preheat grill to medium-high heat. Assemble foil pack according to above directions. Place on grill and cook for 15 - 18 minutes with the grill cover down. Follow regular cooling instructions.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.