



Lemon Garlic Roasted Brussels Sprouts



1/4 of recipe (about 2/3 cup): 130 calories, 8g total fat (1.5g sat. fat), 229mg sodium, 11.5g carbs, 4.5g fiber, 2.5g sugars, 5.5g protein

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



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Ingredients

2 tbsp. lemon juice
2 tbsp. olive oil
1 tbsp. chopped garlic
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1 lb. Brussels sprouts, trimmed and halved
1 1/2 tbsp. grated Parmesan cheese

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

In a small bowl, combine lemon juice, oil, garlic, onion powder, salt, and pepper. Mix well.

Place halved Brussels sprouts on the baking sheet. Top with the lemon mixture. Toss to coat.

Cover baking sheet with foil. Bake for 25 minutes.

Remove foil. Top with Parm. Bake until golden brown and tender, about 10 minutes.

MAKES 4 SERVINGS

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