

Roasted Brussel Sprouts

1 ½ Lb Brussel Sprouts
3 Tbs Olive Oil
1 Tbs Lemon Juice
½ Tsp Salt
½ Tsp Pepper
1 Tbs Fresh Parsley (Chopped into small pieces.)
Grated Parmesan to Sprinkle on Top

1. Preheat your oven to 400°F.
2. Rinse your Brussel Sprouts and pat dry. Cut them in half lengthwise, through the stem. This means that each half will have the stem to keep the leaves together. Pull off any outer leaves that are yellow.
3. Mix together the olive oil, lemon juice, salt, pepper, and parsley. Toss the brussel sprouts in the olive oil mix.
4. Put on a large pan, in a single layer. Bake for 30 minutes, and then check to see if they are done. They will be blackened on the outside, and should be able to be easily pierced with a fork.
5. Sprinkle on parmesan and serve immediately.
6. Enjoy!