

Roasted Brussel Sprouts: Chef Phil Cade, Event Management, Dining and Hospitality

- Brussel sprouts 3lbs+ 9oz
- Black pepper 3/8 tsp
- Coarse Kosher salt 7/8 tsp
- Canola oil 2 tsp + 3/4tsp

Remove core and cut Brussel sprout in half-length wise

Toss Brussels with salt, pepper, and oil

Spread single layer of Brussel sprouts on a sheet tray

Bake at 350 degrees for 10 min and stir with spatula

Bake another 10 min Leaves should start to caramelize

Remove and serve (10 4oz portions)