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 + 3/4 tsp

Remove core and cut Brussel sprout in half-length wise
Toss Brussel 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)