

Honey-Garlic Brussels Sprouts

Robin Haas - Jamaica Plain, MA

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Servings: 6

*2 pounds Brussels Sprouts, trimmed
and halved*

2 tablespoons honey

1 tablespoon lemon juice

1 tablespoon olive oil

2 teaspoons garlic salt

Preheat the oven to 425 degrees.

In a bowl, toss the Brussels Sprouts, honey, lemon juice, olive oil and garlic salt. Spread the mixture into a foil-lined 15x10x1-inch baking pan.

Bake, stirring halfway, until the sprouts are tender and lightly browned, 15 to 20 minutes.

Per Serving (excluding unknown items): 102 Calories; 3g Fat (20.2% calories from fat); 5g Protein; 19g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 718mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.