

Roasted Brussels Sprouts with Slivered Almonds and Garlic

Joyce Levi

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

*2 1/2 pounds (6 cups)
Brussels Sprouts
1/3 cup olive oil
1/3 cup slivered almonds
4 large cloves garlic,
minced
3 tablespoons butter or
margarine, melted
1/4 teaspoon salt
1/4 teaspoon pepper*

Preheat the oven to 425 degrees.

In a shallow roasting pan, toss the Brussels sprouts with oil, coating well.

Bake for 15 minutes.

Transfer to a serving bowl. Cover and keep warm.

Meanwhile, in a small skillet over medium heat, brown the almonds and garlic in butter. Add salt and pepper to taste.

Pour the garlic mixture over the Brussels sprouts. Toss gently.

Serve immediately.

Per Serving (excluding unknown items): 157 Calories; 16g Fat (90.8% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 46mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fat.