

Grilled Brussel Sprouts

- 1.5 lbs brussels sprouts
- 2 teaspoons olive oil
- 2 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 2 teaspoons garlic powder
- 1/2 teaspoon Himalayan sea salt
- 1/4 teaspoon pepper

1. First, preheat grill to 450°F and create a tin foil boat out of tinfoil and place on a baking sheet.

2. Next, prepare brussels sprouts by washing and patting dry. Then, using a sharp knife, slice each brussel sprout in half the long way.

3. Place brussels sprouts in the tin foil boat and the rest of the ingredients. Use your hands or a spatula to coat all of the brussels in oil, vinegar, and spices.

4. Place tin foil boat on the grill for 10 minutes. Toss brussels and grill for another 10-20 more minutes. Remove from grill and enjoy!

Serving Size = 2 cups

