

Roasted Brussel Sprouts with Balsamic Vinegar

- 1 pound brussels sprouts
- 1 red onion
- 1 tablespoon olive oil
- 1/2 teaspoon
- Himalayan sea salt
- 1 tablespoon balsamic vinegar, NO sugar added

1. Preheat the oven to 425F degrees. Cut the brussels sprouts in half and the red onion into chunks.
2. Place the brussels sprouts and onions on a baking sheet, drizzle with the oil and salt, and toss to thoroughly coat.
3. Roast until the Brussels sprouts are fork tender and the leaves begin to crisp, about 40 minutes.
4. Remove from the oven, and toss with the balsamic vinegar.

Makes 3 servings.

Serving Size = 1 cup cooked vegetables

Enjoy with 3 oz protein and 1 cup of on plan fruit for a complete meal.

