

Simple Spicy Roasted Brussels Sprouts

1 pound of brussels sprouts, trimmed and cut in half

2 teaspoons extra-virgin olive oil

1/2 teaspoon dried chili powder

1/2 dried oregano

1/4 teaspoon dried cayenne red pepper

1/4 teaspoon sea salt

1/8 teaspoon ground black pepper

1/8 teaspoon dried paprika

1/8 teaspoon dried garlic powder

1/8 teaspoon cumin

Zest from 1 organic lemon {about 1 tablespoon}



1. Preheat oven to 400° In a large bowl combine all ingredients except lemon zest.
2. Once tossed together spread brussels sprouts over baking sheet in a single layer.
3. Bake for 30-35 minutes and/or when brussels sprouts can easily be pierced by a fork.
4. Transfer to a serving bowl top with grated lemon zest, serve and enjoy.

Serving Size = 1 cup