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## Roasted Brussels Sprouts with Garlic

Wed, 12/07/2005 - 11:02 -- Roger Doiron

Introduction:

If you don't like Brussels sprouts, it could be because you never tasted them roasted. Roasting sprouts results in a deeper, slightly nutty flavor.

Preparation:

1. Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 20-25 minutes.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Image (optional):

Crops:

[brussels sprouts](#) [1]

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Recipe Type:

[side dishes](#) [3]

Ingredients:

1 pound brussels sprouts  
5 tablespoons extra virgin olive oil, to coat bottom of pan  
3-5 cloves garlic depending on your garlic tolerance  
Salt and pepper to taste  
1 tablespoon balsamic vinegar.

Group content visibility:

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