

## ***Garlic Roasted Shaved Brussel Sprouts***

Total: 30 min  
Prep: 10 min  
Cook: 20 min  
Yield: 4 servings

### **Ingredients:**

- 1 pound brussels sprouts, trimmed and sliced thinly
- 2 Tablespoons heat-safe oil (like avocado or coconut)
- 2-3 cloves garlic, minced
- salt and pepper, to taste
- juice from half of a lemon



### **Directions:**

1. Preheat oven to 400 degrees F.
2. Place the sliced brussels sprouts on a heavy rimmed baking sheet. Add garlic, drizzle with oil, and add salt and pepper to taste. Mix everything with your hands to coat everything, then spread them out in an even layer.
3. Roast in the center of the oven for 20-25 minutes, stirring every 8-10 minutes to ensure they're cooked evenly.

### **Nutrition:**

1 serving, prepares 4  
97 calories, 6 g fat, 8 g carb (2 g sugar, 3 g fiber) 3 g protein



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