

ASIAN BRUSSELS SPROUTS

*These Asian Brussels sprouts are crispy, sweet and a little spicy!
They are easy to make and great as a side dish or appetizer.*

★★★★★ *5 from 1 vote*



INGREDIENTS

4 SERVINGS

- 1 pound Brussels sprouts, *washed and trimmed*
- 1 tbsp coconut aminos, *or soy sauce*
- 1 tbsp sriracha sauce
- 2 tbsp olive oil, *or avocado oil*
- 1 tsp minced garlic
- 1 tsp ground pepper

At a Glance:

prep time: 10 MINS

cook time: 30 MINS

total time: 40 MINS

INSTRUCTIONS

- 1 First, preheat oven to 400 degrees Fahrenheit.
- 2 Wash Brussels sprouts and trim stems. Pat dry.
- 3 In a large bowl, combine all ingredients. Toss until Brussels sprouts are fully coated.
- 4 Arrange in one even layer on pan. Do not overcrowd Brussels sprouts.
- 5 Roast for 30 minutes.
- 6 Finally, remove from oven and serve.

NOTES

- Feel free to cut some larger Brussels sprouts in half if desired. I like having a mix of whole and halved Brussels.
- For a sweeter recipe, add in 1 tablespoon honey or maple syrup.
- I do not add salt to this recipe because coconut aminos has plenty of salty flavor.
- Coconut aminos is the soy free and gluten free version of soy sauce. If needed, soy sauce can be used.
- Roast until Brussels are fork tender, but crispy on the outside.
- Store in the fridge for up to 4 days.

NUTRITION INFORMATION: *calories: 117kcal, carbohydrates: 12g, protein: 4g, fat: 7g, saturated fat: 1g, polyunsaturated fat: 1g, monounsaturated fat: 5g, sodium: 199mg, potassium: 456mg, fiber: 4g, sugar: 3g, vitamin a: 863IU, vitamin c: 99mg, calcium: 52mg, iron: 2mg*

author: **ADDISON LABONTE** *course:* **SIDE DISH** *cuisine:* **ASIAN**