



# RECIPES

## Brussels Sprouts Chips

### INGREDIENTS:

10 brussels sprouts

1 tsp olive oil

¼ tsp salt

¼ tsp pepper

### INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Remove outer leaves of brussels sprouts, trim stem to make it easier to remove leaves. Continue to trim stem and remove leaves until it becomes very difficult. Save the rest of the brussels sprout to use in a different recipe.
3. Toss leaves with oil, salt and pepper.
4. Bake 5-10 minutes until crisp, stirring once during the cooking time.
5. A little browning on the leaves is fine, don't let the entire leaf turn brown or it will become bitter.
6. Enjoy right out of the oven!

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Adapted from: <http://inspiredrd.com/2012/03/brussels-sprouts-chips/>

