

Jenny's Roasted Brussels Sprouts & Potatoes

Don't make a face! Roasting Brussels sprouts makes them kind of sweet and they are a must-eat. Besides protecting against inflammation and cancer, they're especially high in vitamin K, which promotes healthy bones and proper brain function. This is my favorite way to eat this tiny cruciferous. If you can't find tiny ones, cut bigger sprouts in half. This makes a beautiful presentation, especially if you can find tiny Brussels sprouts and tiny potatoes and leave them all whole.

1 lb. smallest Brussels sprouts
1 lb. fingerling potatoes, unpeeled
2 Tablespoons olive oil
2 cloves garlic, crushed
1/2 teaspoon salt
1/8 teaspoon pepper

juice of one lemon
2 Tablespoons parmesan

1. Preheat oven to 400°.
2. Trim sprouts and cut potatoes into 1 1/2 inch pieces
3. In a large bowl toss vegetables with oil, garlic, salt & pepper. Place on a rimmed baking sheet.
4. Bake about 30 minutes, shaking or stirring a few times.
5. Remove from oven and sprinkle with lemon juice and parmesan.

*serves 4