

Garlic Roasted Brussels Sprouts

These **Garlic Roasted Brussels Sprouts** are really tender and tasty. This easy recipe takes a few simple ingredients and creates a mouthwatering side dish you'll be excited to serve.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins



4.64 from 11 votes

Course: Side Dish Cuisine: American

Keyword: roasted Brussels sprouts recipe Servings: 4 servings

Calories: 104kcal Author: [Tania Sheff](#)

Ingredients

- 1 lb. Brussels sprouts
- 2 tsp. garlic powder
- 2 tsp. [paprika](#)
- 1/2 tsp. salt or to taste
- 1 1/2 tbsp. melted butter use plant butter or oil for vegan version

Instructions

1. Trim the brussels sprouts by cutting off the stem and removing the dry outer leaves. Then slice each one lengthwise.
2. Place the brussels sprouts on a parchment paper lined baking sheet. Sprinkle them with the garlic powder, paprika, and salt. Then pour the melted butter on top.
3. Now, using your hands, mix everything together nicely so the brussels sprouts have a nice coating of butter and spices. Spread them out on the tray so they can cook evenly. Bake them for 20 minutes at 400°F, until they have browned and are tender. Serve warm.

Notes

TIPS FOR THE BEST ROASTED BRUSSELS SPROUTS

- **Use fresh brussels sprouts.** Using fresh brussels sprouts that have bright green heads, are firm and heavy for their size, and have leaves that are tightly packed will ensure that you get the best flavor in this dish.
- **Remove the stem and outer leaves.** These parts of the brussels sprouts are the least flavorful, and the leaves are often wilted and discolored. Using the inner leaves will make for a more flavorful dish.
- **Thoroughly coat the brussels sprouts with spices.** Using your hands is the best way to make sure the butter and spices coat all the brussels sprouts evenly before roasting. Doing this ensures that the flavors are evenly distributed for the best results.

HOW TO STORE AND REHEAT THEM

These Garlic Roasted Brussels Sprouts are best when they're stored in the refrigerator in an airtight container. They will stay fresh for up to 4 days. When you are ready to reheat them, just place the

brussels sprouts on a baking sheet and heat them in the oven for about 5 minutes at 350°F.

Nutrition

Calories: 104kcal | Carbohydrates: 13g | Protein: 5g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 12mg | Sodium: 310mg | Potassium: 527mg | Fiber: 5g | Sugar: 3g | Vitamin A: 2207IU | Vitamin C: 96mg | Calcium: 53mg | Iron: 2mg