

# Roasted Frozen Brussel Sprouts

## Ingredients

- 12-oz bag of frozen brussel sprouts, keep frozen no need to thaw
- 1 ¼ tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp sugar
- Optional for serving: Freshly squeezed lemon juice or grated Parmesan cheese

## Materials

- Oven or toaster oven
- Baking sheet
- Parchment paper

## Instructions

1. Line baking sheet with parchment paper. You want a big enough pan for the brussel sprouts to have space so if you are doubling the recipe make sure you use a bigger pan.
2. Place lined pan in oven.
3. Preheat oven to 450 F with pan in it.
4. While waiting for the oven to preheat you can combine the salt, black pepper, garlic powder and sugar in a small bowl. Set aside.
5. Once the oven is preheated, carefully remove the pan from the oven and pour the frozen brussel sprouts onto the pan and spread them out.
6. Bake brussel sprouts for 15 minutes.
7. Remove pan from the oven. At this point you can either cut the brussel sprouts into halves or leave them whole.
8. Drizzle the brussel sprouts with olive oil and sprinkle the salt/pepper/garlic powder/sugar mixture on top.
9. Using a spatula, carefully mix the sprouts, oil and seasoning together until the sprouts are evenly coated.
10. Make sure the brussel sprouts are spread out on the pan and then return the pan to the oven.
11. Bake for 10-15 more minutes until the brussel sprouts are browned on the outside and tender on the inside.
12. If you like, you can squeeze lemon juice on the top and sprinkle on some grated Parmesan.
13. Enjoy!

