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Roasted Brussels Sprouts and Mushrooms

Serving Size: Approximately 125 grams

Serving Size: 6

Prep Time: 6 min.

Cook Time: 25 min.

Ingredients

1 lb. Brussels sprouts

8 oz. sliced mushrooms

3 tbsp olive oil

1/2 tsp garlic powder

1/2 tsp salt

1/4 tsp black pepper

Directions

1. Preheat the oven to 400 degrees F.
2. Wash the Brussels sprouts, trim the stems, and cut in half. Clean and slice the mushrooms.
3. Combine the Brussels sprouts and mushrooms in a large bowl and drizzle with olive oil and season with the garlic powder, salt, and pepper. Toss to coat.
4. Place the Brussels sprouts and mushrooms on a non-stick baking sheet and bake for 20-25 minutes or until the Brussels sprouts have reached desired tenderness.