

TIM FARMER'S COUNTRY KITCHEN

BRUSSELS SPROUTS

Brussels sprouts, cut in half

Olive oil

Salt

Pepper

Preheat oven to 400 degrees.

Toss Brussels sprouts in olive oil, salt and pepper until coated.

Pour onto baking sheet and roast in oven for 30 minutes until golden brown.

2 tablespoons soy

2 tablespoons honey

Dash of smoked paprika

Dash of red pepper flakes

Heat ingredients in sauce pan until smooth. Put Brussels sprouts in bowl, pour mixture overtop and stir to coat.

