

Ingredients

1 lb fresh Brussel sprouts, washed and cut in half

sea salt
fresh pepper

2 tbsp olive oil

3 tbsp IP Balsamic Dressing

1 tsp dijon mustard

Balsamic Glazed Brussels Sprouts

Directions

1) Preheat oven to 400 degrees. Spread brussels sprouts halves on baking sheet and drizzle with olive oil.

2) Sprinkle with sea salt and freshly ground black pepper.

3) Roast for 15-20 minutes, flipping halfway, or until Brussel sprouts are starting to brown.

4) In the meantime, combine the IP Balsamic Dressing with dijon mustard in a small bowl and mix well.

5) Transfer roasted brussels sprouts to a bowl and coat with Balsamic glaze. Serve warm.