



Recipes (Sides)

Seasoned Brussels Sprouts

Ingredients:

- 2 cups fresh Brussels sprouts (cleaned and cut in half)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp oregano
- 1 tsp black pepper
- 1 tablespoon balsamic vinegar
- Extra virgin olive oil (in a spray bottle)



Directions:

1. In a gallon zip-lock bag, combine Brussels sprouts, garlic powder, onion powder, oregano and pepper. SHAKE to mix all ingredients evenly
2. Preheat a skillet on medium heat for 30-60 seconds then spray the olive oil and toss in the Brussels sprouts (on the flat side)
3. Cook for 1-2 minutes on this side then flip so that the other side gets a golden brown color
4. Remove from heat and drizzle with balsamic vinegar

Enjoy!

****Makes 2 servings (1 cup)**

Nutrition Information:

Meal Plan Blocks:

1 serving: 89 calories, 3 grams protein, 12 grams carbs, 3 grams fat

www.healthystepsnutrition.com