



hot & roasted Brussels & carrots //

Serves 10 / quick & easy, low in sodium, vegetarian, low calorie, high in fiber, vitamins K, C, & A, the B vitamins, manganese, potassium, iron, calcium and omega-3 fatty acids

by-hand preparation /

Preheat oven to 475 degrees Fahrenheit.

Combine and toss melted butter, chili pepper flakes, garlic cloves, Brussels sprouts, and carrots in a large bowl.

Place mixture on foil-lined pan and bake for ten minutes.

Remove to stir (some of the leaves with have blackened—it's ok!)

Return to oven and cook for an additional ten minutes.

Remove from oven, crush roasted garlic and recombine with vegetables.

Squeeze juice of $\frac{1}{2}$ a lemon over vegetables and serve.

organic ingredients /

2 lbs Brussels sprouts, trimmed and halved

$\frac{1}{2}$ lb fresh carrots, cut lengthwise, and halved into 1-inch pieces

2 tbsp fresh butter, melted

1 tsp hot red chili pepper flakes (optional)

5 garlic cloves

unrefined sea salt & pepper to taste