

Brussels Sprouts with Lemon and Garlic

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Servings: 6

*1/3 cup extra-virgin olive oil
1 lemon*

*2 pounds Brussels sprouts,
trimmed and halved
(quartered, if large)*

Kosher salt

freshly ground pepper

4 cloves garlic, thinly sliced

*1/4 cup fresh chives,
roughly chopped*

Preparation Time: 25 minutes

Preheat the broiler.

Pour the olive oil into a small saucepan. Using a vegetable peeler, remove wide strips of zest from the lemon, taking care not to get the white pith. Add the zest to the olive oil. Heat over medium heat until the zest is sizzling, about 5 minutes. Remove from the heat and let cool.

Place the Brussels sprouts on a rimmed baking sheet. Drizzle the olive oil over the sprouts, leaving the zest in the pan. Toss the Brussels sprouts and spread in a single layer (it's okay if some of the leaves fall off). Season with one tablespoon of salt and a few grinds of pepper.

Broil, stirring often, until the Brussels sprouts are tender and charred in spots, 12 to 15 minutes. Meanwhile, thinly slice the reserved lemon zest. Add to the Brussels sprouts along with the garlic during the last 2 minutes of broiling.

Transfer to a bowl. Add the chives and toss. Season with salt and pepper.

Per Serving (excluding unknown items): 169 Calories; 12g Fat (59.5% calories from fat); 5g Protein; 14g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.