

Roasted Brussels Sprouts

1-2 bags/packages fresh brussels sprouts

1 stick butter (melted)

½ lime (or lemon)

5 garlic cloves (finely chopped)

Herbamare-found at most health food stores (or favorite spice)

Salt

Preheat oven to 425 degrees

Cut brussels sprouts in half and place in 9x13 pan (or smaller dish if you're doing 1 package).

Melt butter and pour over brussels sprouts. Finely chop garlic cloves and sprinkle over sprouts. Cut lime in half and squeeze over sprouts. Finish by sprinkling Herbamare and salt (not too much).

Place in oven and roast/bake for 25-30 min. If not tender bake for a bit longer.

Enjoy!