

CHARRED BRUSSEL SPROUTS

OPTIONZ WITH ELIZA'S COOKING CLASS

INGREDIENTS:

16 ounces brussel sprouts, cut in half
4 tablespoons extra virgin olive oil
Sea Salt to taste
Optional:

1. Preheat oven to 400 degrees fahrenheit.
2. Place broccoli florets in an oven safe baking dish. (Keep one layer for best results.)
3. Drizzle olive oil on broccoli. Mix for even distribution.
4. Add sea salt to taste.
5. Place place broccoli in oven and bake for 40 minutes on the middle shelf.

Tip: Add sliced jalapenos, 5 whole garlic cloves or cooked bacon

"Everything Tastes Better with Optionz!"