



Profile Exchange values: 2 cups vegetables + 1 fat + 1 free food

Ingredients:

- ½ cup Profile Balsamic Vinaigrette
- 1½ lbs. brussel sprouts, ends trimmed, cut in half lengthwise
- 2 cloves garlic, coarsely chopped
- ¼ tsp salt
- ½ tsp pepper
- 4 tsp olive oil



BALSAMIC BRUSSEL SPROUTS

Directions:

1. Preheat oven to 425 degrees
2. Line a baking sheet with aluminum foil
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise
4. In a large bowl, toss brussel sprouts with 4 tsp. olive oil, salt, and pepper to coat thoroughly.
5. Transfer the brussel sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place brussel sprouts back in bowl. Add Profile Balsamic Vinaigrette and toss to coat evenly.