

## **Honey Roasted Brussels Sprouts**

- 1 T olive oil or Roasted Garlic Olive Oil
- 1 T honey or maple syrup
- 1 T Creole spicy mustard
- 1 lb Brussels sprouts, trimmed, halved lengthwise
- kosher salt and freshly ground black pepper

Preheat oven to 425F.

In a large bowl, add oil, salt and pepper to coat Brussels sprouts. Place sprouts on a parchment coated baking pan and roast for 10 minutes.

In the same bowl, combine honey and mustard, then add sprouts, mixing well to coat. Place back on baking sheet and roast 15 more minutes. Serves 3-4.

## **Roasted Garlic Olive Oil**

- 12 cloves of garlic, divided
- 1/2 c olive oil

In a small pan, heat 8 cloves of garlic with olive oil until golden. Remove from heat and allow to cool. Add remaining garlic and blend in a deep container with an immersion blender, or a Magic Bullet. Use in place of regular olive oil to add roasted garlic flavour. Store covered in refrigerator.

**Jittery Cook**  
from **Publix Apron's Cooking School**, Boca Raton