

Peperoncini Brussels Sprouts

Makes 8 servings

Prep Time: 10 minutes

Cooking Time: 45 minutes

Ingredients:

2 lbs Brussels sprouts, fresh or frozen

2 T extra virgin olive oil

1 T Dijon or spicy brown mustard

6 cloves garlic

2 T crushed hot cherry peppers

Salt and pepper to taste

1 T grated vegan parmesan cheese, optional

Directions:

1. Clean and cut Brussels sprouts into small bite-size pieces.
2. Toss sprouts with the next four ingredients. Taste and add salt and pepper as needed.
3. Spread evenly on a parchment-lined baking sheet, cover with aluminum foil, and bake at 350°F (175°C) for 30 minutes.
4. Uncover and top with vegan cheese, if desired.
5. Roast uncovered at 450 F (230 C) until brown and crispy, about 15 minutes.

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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 95 mg	4 %
Potassium 0 mg	0 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	5 %
Vitamin C	120 %
Calcium	3 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	