



## Brussels Sprouts with Black Garlic

### Vegetable Side

These Brussels sprouts are proof that simple ingredients can create spectacular results. The caramelized, nutty flavor of roasted sprouts meets the sweet-savory depth of black garlic, finished with a bright balsamic glaze. Brussels sprouts have been enjoyed in Europe since the 16th century, but the addition of black garlic makes them an unforgettable modern side. We love this dish for its versatility—equally perfect with roast meats or as a vegan holiday showstopper.

#### ***Ingredients:***

- 1 lb Brussels sprouts, halved
- 3 cloves black garlic, minced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

#### ***Instructions:***

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with olive oil, black garlic, salt, and pepper.
3. Spread on a baking sheet and roast for 20–25 minutes, tossing halfway.
4. Drizzle with balsamic vinegar before serving.