

ROASTED BRUSSEL SPROUTS WITH CUMIN & GARLIC



High heat intensifies Brussel sprouts' natural sweetness, and the smoky cumin and tart lemon balance it out.

I suggest doubling this recipe, as it's a popular dish, packed with a punch of flavor!

INGREDIENTS

- 1 pound Brussels sprouts, about 4 to 5 cups
- 1 tablespoon plus 1 teaspoon extra-virgin coconut oil or ghee
- 1 teaspoon whole cumin seeds
- 2 cloves garlic, minced
- $\frac{3}{4}$ teaspoon lemon juice
- $\frac{3}{4}$ teaspoon high-mineral sea salt

DIRECTIONS

1. Preheat oven to 400°.
2. Prepare Brussels sprouts: Slice off tiny root ends and remove any withered outer leaves. If sprouts are less than $\frac{3}{4}$ -inch in diameter, leave them whole. If larger, cut them in half through the root end.
3. Line a baking sheet with parchment paper. Spread the sprouts out and roast for about 10 minutes. Remove from oven. (Leave oven on.)
4. Melt coconut oil or ghee over medium heat in a small sauté pan. Add cumin seeds and sauté until they start to sizzle ever so slightly.
5. Drizzle sprouts with the oil-seed mixture, sprinkle with garlic, and toss to coat.
6. Return sprouts to oven and roast another 8 to 15 minutes, depending on size, until caramelized and slightly tender in the center.
7. Remove from oven, and sprinkle with lemon juice and salt. Devour!