

# Roasted Brussels Sprouts Bowl

The great thing about this recipe is its versatility- it can easily work well as a side dish or a main meal!

## **Ingredients:**

- Cooking spray
- 1lb Brussels sprouts
- 3 tomatoes
- 1 tsp salt (or to taste)
- ½ tsp red pepper flakes
- ½ tsp ground black pepper
- Whole grain of your choice, for serving

## **Instructions:**

1. Preheat oven to 450°F & lightly spray a baking dish with cooking spray.
2. Cut off part of the stem of each sprout, then cut remaining sprout in half.
3. Add sprouts, salt, pepper flakes, and ground pepper in a large bowl. Spray a little cooking spray on top, then mix.
4. Put sprouts mixture in pan and bake for about 30 minutes, turning once about halfway through.
5. Dice the tomatoes while the sprouts bake.
6. Add whole grain of your choice, top with roasted sprouts, then with diced tomatoes.

