



Roasted Garlic Brussels Sprouts

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	30 MIN		10

Roasted garlic Brussels sprouts are a crispy and flavorful vegetable dish made by roasting Brussels sprouts with garlic and olive oil. The roasting process brings out their natural sweetness while adding a rich, savory garlic flavor. This easy recipe is perfect as a healthy side dish for everyday meals or holiday dinners. With just a few ingredients, you can turn simple Brussels sprouts into a delicious and satisfying dish.

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 3-4 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1 tablespoon balsamic vinegar
- Optional: parmesan cheese or chili flakes

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Servings: 4
- Course: Side Dish
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place Brussels sprouts in a large bowl.
3. Add garlic, olive oil, salt, and pepper.
4. Toss until evenly coated.
5. Spread in a single layer on a baking sheet.
6. Roast for **25–30 minutes**, flipping halfway through.
7. Remove when crispy on the edges and tender inside.
8. Drizzle with balsamic vinegar or sprinkle parmesan if desired.

9. Serve warm.

Cooking Tips

- Cut sprouts evenly for consistent cooking
- Roast cut-side down for better crispiness
- Avoid overcrowding the pan

Variations

- Add bacon for extra flavor
- Use roasted garlic for a milder taste
- Add honey for a sweet balance
- Add chili flakes for heat

What to Serve with Roasted Garlic Brussels Sprouts

- Roasted chicken or meat
- Holiday meals
- Grain bowls

- Other vegetable sides

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Reheat in the oven for best crispiness.

Frequently Asked Questions

Why are my Brussels sprouts not crispy?

They may be overcrowded or not roasted at high heat.

Can I use frozen Brussels sprouts?

Yes, but fresh works better for crispiness.

How do I reduce bitterness?

Roasting helps bring out natural sweetness.

Recipe Author

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