

Roasted Radishes and Brussels Sprouts

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVINGS: 6

INGREDIENTS:

- 5-10 brussels sprouts trimmed and halved
- 1 medium watermelon radish trimmed and halved
- 1 tbsp olive oil
- t tbsp fresh lemon juice
- 1 tbsp dried thyme
- 1/2 tsp salt
- 1/4 tsp pepper

RECIPE NOTES:

- Add additional seasonings as desired like fresh or dry herbs, garlic, onion powder, etc.
- For a filling meal, serve this with your favorite protein source (like a fried egg or tofu) and a carb.

DIRECTIONS:

- Place the already halved radish and brussels sprouts in a large bowl. Season with olive oil, fresh lemon juice, dried thyme, salt, and pepper.
- Ensure to toss well so that the vegetables are well coated.
- Heat oil in a pan on medium heat. Add your vegetables in, cooking for 7-10 minutes until tender and edges are browned and crispy.
- Remove from pan when fully cooked and enjoy!



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