

Roasted Brussels Sprouts with Balsamic Vinegar

Ingredients:

- 1 pound Brussels Sprouts, trimmed and halved
- 1 red onion, cut into wedges
- 2 Tbsp. olive oil
- Salt and pepper
- 1 Tbsp. Penzey's* Mural of Flavor herb mix
- 1 Tbsp. Balsamic vinegar

Directions:

1. Preheat oven to 400 degrees.
2. Mix vegetables with olive oil, vinegar and herbs/spices
3. Roast for 20 to 30 minutes, depending on the size of sprouts.

*Check out Penzeys.com for some great herb and spice mixes and information on how to flavor food without adding excess fat and salt.