

Roasted Brussels Sprouts and Carrots RECIPE BY Oxmoor

House

The key to crispy-roasted results here is using a large pan so the Brussels sprouts and carrots aren't crowded during roasting. Roast the vegetables several hours before the meal; then reheat just before serving

2 pounds fresh Brussels sprouts

8 medium carrots, scraped and cut into 2

1/4 cup olive oil

1 tablespoon sugar

1 tablespoon chopped fresh thyme

1/2 teaspoon salt

Freshly ground pepper

Wash Brussels sprouts; remove discolored leaves. Trim ends, and cut in half lengthwise. Cut larger pieces of carrot in half lengthwise, if desired.

Place Brussels sprouts and carrots in a large roasting pan. Combine olive oil and remaining ingredients; pour over vegetables, and toss well. Cover and bake at 425° for 20 minutes.

Uncover, and roast 25 minutes or until vegetables are tender and well browned, stirring twice.