

Garlic Brown Butter Roasted Brussels Sprouts and Carrots from diethood.com

- [] 6 tablespoons butter
- [] 5 cloves garlic, minced
- [] 4 large carrots, cut into 1-inch chunks
- [] 4 cups brussels sprouts, halved
- [] 1/4 teaspoon salt, or to taste
- [] 1/4 teaspoon fresh ground pepper, or to taste
- [] chopped fresh parsley, for garnish

Instructions

Preheat oven to 400F.

Spread carrots and brussels sprouts on a baking sheet in one single layer; set aside.

Add butter and garlic in a large, heavy bottomed nonstick skillet and melt butter over medium heat. Swirl the pan occasionally to be sure the butter is cooking evenly.

Cook for 6 to 8 minutes or until butter is lightly browned, stirring frequently and skimming foam as necessary. **DO NOT** burn the garlic!

Remove browned butter from heat and pour over prepared vegetables; season with salt and pepper and stir until thoroughly combined.

Roast for 30 to 35 minutes, or until veggies are tender.

Remove from the oven and transfer to a serving plate.

Garnish with parsley.

Serve.