

Monthly Recipe

Bo Beau's Roasted Brussels Sprouts

Ingredients

Preparation time: 25 minutes

Servings: 8

Cost: \$

1 lb. brussels sprouts

3 slices thick cut bacon

¼ cup grated parmesan
cheese

2 Tbsp. extra virgin olive oil

¼ cup reduced balsamic
vinegar

*Recipe adapted from
Katherine Humphus at
KatsKitchenCollective.com

*Requested by Jerome Avery
- USATF

Directions

1. Preheat oven to 400°F.
2. Wash brussels sprouts under cold water, and then trim off the cut edge. Cut the brussels sprouts directly in half (the long way) and place the halved brussels in an empty mixing bowl for later.
3. Toss the Brussels sprouts with olive oil. Season with a pinch of salt and pepper and mix to coat evenly.
4. Dice the raw bacon into equal-sized pieces.
5. Toss the bacon into the halved and oiled brussels sprouts. Line a baking sheet with parchment paper (or foil), and lay out the brussels sprouts and bacon, spreading out evenly.
6. Roast in the oven for 20 minutes. Remove from the oven to stir, then place back inside for 10 more minutes.
7. Remove from oven and stir again. Raise the oven temp to 450°F and roast for 5 more minutes to finish.
8. Top with parmesan cheese and reduced balsamic.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Bo Beau's Roasted Brussels Sprouts	
Amount	½ cup
Calories	120
Fat (g)	8
Sat. Fat (g)	2
Carb. (g)	9
Fiber (g)	4
Protein (g)	7
Gluten free.	

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Cooking Tip

Save time by purchasing pre-cut brussels sprouts and store-bought reduced balsamic vinegar. Add a piece of lean protein and a scoop of brown rice to make this a complete meal. Make this dish lighter by using Canadian bacon in place of thick-cut bacon.

Performance Facts

Brussels sprouts are a great source of fiber as well as vitamins C and K. Vitamin C is a powerful antioxidant which can help your body recover after an intense workout and plays an active role in maintaining immunity. Vitamin K is an important component in blood that promotes blood clotting and plays an important role in calcium metabolism.

