

Brussel Sprouts à la Valérie

Oven roasted

Ingredients

- Turmeric
- Cumin
- Smoked paprika
- Black Pepper
- Olive oil
- Brussel sprouts cut in half



Preparation

Pre-heat the oven at 425°F.

Line a large pan with parchment paper, then pour the prepared brussel sprouts cut in half into the pan.

Coat with olive oil, sprinkle spices over all, and gently toss.

Cook in oven for about 30-40 minutes.

Added benefit: olive oil and pepper enhance the properties of the turmeric.

Sautéed Brussel Sprouts

Ingredients

- Olive Oil
- Spice to bloom (Turmeric, Cumin, Smoked paprika)
- Garlic, chopped
- Black pepper
- Slice brussel sprouts in about 1/4 inch thick
- Lime juice

Preparation

Turmeric turns food yellow

Pour olive oil into a skillet and heat over medium heat.

Add spices and let them bloom. Soon after, add garlic, then the sliced brussel sprouts.

Sauté until brown and caramelized

Sprinkle with lime juice and eat

