



## Ingredients

1 ½ pounds brussels sprouts

¼ cup olive oil

Salt

Pepper

¼ cup walnuts

4 ounces goat cheese

## Directions

Preheat the oven to 375 degrees.

Cut sprouts in half and spread in a single layer on a baking sheet. Drizzle with olive oil, then toss with salt and pepper.

Roast for 10 minutes, then toss. Roast for another 5-10 minutes, until golden and tender.

Place in a serving dish and top with walnuts and goat cheese.

## Nutritional Information

Calories 207

14.9 g fat

10.9 g proteins

4.6 g fiber

11.3 g carbohydrates