



## Cook, grow, and live healthy.

**Roots for Life** envisions a thriving community where fresh, nutritious food is readily accessible. We work with any individual experiencing food insecurity and local shelters to support the houseless on a path **to cook, live, and grow healthy.**

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## GARLIC LEMON ROASTED **BRUSSEL SPROUTS**

Serves 4

### INGREDIENTS

- 1 lb Brussels sprouts (washed, ends removed, halved)
- 2-3 cloves of garlic (minced)
- 2 tablespoons extra virgin olive oil
- 2 teaspoons fresh lemon juice
- dash salt and pepper



### DIRECTIONS

1. Preheat oven to 400F.
2. In a bowl toss sprouts with garlic, oil, and lemon juice.
3. Spread on a baking tray and season with salt and pepper.
4. Bake for about 15 minutes. Toss.
5. Bake for another 10 minutes.

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