

## Roasted Brussels Sprouts in Balsamic Glaze

### Ingredients

- 1 lb Fresh Brussels Sprouts, washed
- 2-3 Tablespoons Coconut Oil
- 2-3 Tablespoons Balsamic Glaze
- 5 oz Roasted Chestnuts
- 2 Sprigs Fresh Rosemary
- 2 Sprigs Fresh Thyme

### Directions

Preheat Oven to 400.

1. Trim bottom of Brussels Sprouts and cut: small ones in half and large ones in quarters.
2. Spread onto a baking sheet and add Coconut Oil. Massage with hands to ensure that baking sheet and Brussels Sprouts are coated.
3. Bake for 20 minutes.
4. Toss Brussels Sprouts so that more sides get brown and crispy. Bake for an additional 5 minutes or until caramelized.
5. Transfer into serving bowl.
6. Pour in Balsamic Glaze, mix.
7. Add Chestnuts, mix.
8. Pinch off leaves of fresh herbs, add and mix.