Brussels Sprouts your kids will love

* 1-2lb Brussel sprouts
* Olive oil or vegetable oil
* Salt
* Pepper
* Cumin
* Parchment paper
* Shallow pan with sides or baking sheet

1. Preheat oven 450 (you can use lower temp but cook longer)
2. Wash the Brussels sprouts
3. Trim the bottoms off
4. Slice in half
5. Toss light with oil place in dish
6. Sprinkle with salt & pepper and lightly with cumin
7. Place in oven for 15 minutes till you see leaves get trans lucent and you see a roasted dark brown/golden color

This recipe is located www.superexhausted.com