

## **Oven-Roasted Brussels Sprouts with Cumin**

1/2 lb (approx.) fresh organic brussels sprouts, stem ends pared and halved or quartered, smallest ones left whole)

4 T olive oil

sea salt and black pepper (pref. freshly cracked) to taste

generous sprinkling of ground cumin to taste

Preheat oven to 425 degrees F. Lightly oil a baking tray. Trim and half or quarter, depending on size, about 1/2 lb organic brussels sprouts (leave smallest ones whole).

Toss in a bowl with olive oil to coat, then sprinkle with the salt pepper and cayenne. If any leaves came off the sprouts during the trimming process, add them to the bowl.

Spread sprouts on tray, place on rack in center of oven and bake for 15-25 minutes or until fork-tender and slightly crisp on the outer leaves; use your own personal preference of what crispy/tender balance you prefer to guide you. (These can cook in the oven a bit longer than their glazed cousins because there is no sugar on the surface.) Serves four as a side dish. This dish is best served hot, right out of the oven, as the sprouts lose their crispness as they cool.

Note: Instead of ground cumin, try dry-roasting whole cumin seeds in a hot skillet until they begin to "pop", let cool slightly then add to the sprouts, oil and other spices at the beginning. -Janice Janostak-