

Brussels Sprouts Chips



TIP: The hardest part about making these great tasting Brussels sprouts chips - and it's not hard at all - is peeling the sprout leaves. After that, it's just add oil, broil & enjoy!

Preparation Time: 5-10 minutes

Total Cooking Time: 2-4 minutes

Ingredients (for 2-4)

1 Pound Brussels Sprouts

2 Tablespoons Olive or Vegetable Oil

Dash of Salt

Ground Black Pepper



Equipment

Baking Pan

Aluminum Foil

Potholder or Folded Dishtowel

Strainer

Small Sharp Knife

Tablespoon

Bowl

Timer



1. Line a baking pan with aluminum foil.



Make sure the oven rack is set 4-5 inches below the top of the oven and turn on the oven to BROIL.



2. Put the **Brussels sprouts** in a strainer and give them a good hand-scrubbing rinse with cold tap water.



Use a sharp knife to remove the **stems** from the **sprouts** as shown to make peeling the **sprout leaves** as easy as possible.



Carefully peel off as many of the **larger sprout leaves** as possible, trying not to break them in the process, and put the **leaves** in a bowl (peeling **sprout leaves** from their base at the cut stem end of the **sprout** makes this easiest, though you can also cut the **sprouts** in half lengthwise if peeling is difficult). Save the **small sprout bundle** for another use after the **larger leaves** have been removed.



Add **2 tablespoons olive oil**, a **dash of salt** and a **good shake of ground black pepper** .



Stir with a tablespoon until the **sprout leaves** are all lightly coated with **olive** or **vegetable oil**.



3. Pour and spread the **Brussels sprout leaves** evenly on the baking pan, without the **sprout leaves** overlapping (you might have to make two or more batches depending on how many **sprout leaves** you have and the size of the baking pan).



4. When the oven has warmed to broiling temperature, put the baking pan in the oven

and broil for 2-4 minutes (**NOTE:** *definitely keep an eye on the **sprout leaves** in the broiler after 2 minutes to avoid burning them*) until...



...the **leaves** start to brown about as shown here (the **sprout leaves** shown here were broiled for 3 minutes).



5. Carefully remove the baking pan from the oven with a potholder or folded dishtowel and either scoop or pour the **sprout chips** off the aluminum foil into a bowl or onto a plate and...



...serve warm.

