

FIT RX Recipe Card

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GRILLED BRUSSEL SPROUTS

TIME TO PREPARE
10 MINUTES

TIME TO COOK
30 MIN

INGREDIENTS

- 1 LB. BRUSSEL SPROUTS
- 2 TBSP OLIVE OIL
- 2 TBSP BALSAMIC VINEGAR
- 3 GARLIC CLOVES, MINCED
- 2 TSP GARLIC POWDER
- SALT & PEPPER TO TASTE

PROCEDURE

1. Preheat grill to 540 F, create a foil boat to hold brussel sprouts on grill.
2. Wash and pat dry (wet brussel will get mushy on the grill) cut each brussel in half through the stem.
3. Place brussel sprout in gallon bag or bowl, add oil, stir or shake. Then add seasonings, stir or shake.
4. Spray foil with non- stick of choice, pour brussel sprout into foil boat.
5. Grill for 10 min, stir. Grill for an additional 10 to 20 min.