

Roasted Brussels Sprouts

1. Preheat oven to 425 degrees. On two large rimmed baking sheets, toss Brussels sprouts, pears, shallots, thyme, and oil; season with salt and pepper.
2. Roast until Brussels sprouts are tender and browned, 30 to 35 minutes, rotating pans halfway through. Toss with lemon juice and serve warm.

Recipe is courtesy of Body+Soul, November 2009