

Baked Asparagus & Brussel Sprouts

This recipe makes 4-5 cups



Ingredients

- 1 lb** fresh asparagus
- 1 lb** fresh brussels sprouts
- 4 tbsp** olive oil (or broth)
- ½ tbsp** garlic powder
- 1 tbsp** sea salt
- ½ tsp** black pepper

Directions:

1. Preheat the oven to 425°F.
2. Trim the asparagus and cut into bite-sized pieces.
3. Remove the ends of the brussels sprouts, then halve or quarter them depending on their size for even cooking.
4. Place the prepared vegetables into a large mixing bowl.
5. In a measuring cup, combine olive oil (for immediate use) or broth (for long-term storage) garlic powder, sea salt and black pepper. Stir until well mixed.
6. Pour the seasoning mixture over the vegetables and toss thoroughly to ensure even coating.
7. Spread the vegetables out on a large baking sheet in a single layer. Place the brussels sprouts cut side down to encourage caramelization.
8. Roast for 12 minutes, or until the cut sides of the brussels sprouts start to turn a golden brown and the asparagus is tender.
9. Move the baked mixture to a parchment lined tray.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

This can be rehydrated by flooding in hot water and stirring, then draining the remaining water. However, the brussels sprouts turn mushy and aren't as good as fresh. These are an excellent, healthy snack that is also super nutritious.

Notes:

A sprinkle of parmesan cheese prior to baking is a great addition. As noted, for long term storage replace the olive oil for a broth of your choice.

Nutritional Value Per 1 cup

Calories: 145 Protein: 4 g Fat: 12 g Carbohydrates:10 g Sugar: 3 g Fiber: 4 g