

## Roasted Brussels Sprouts With Garlic

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From Article by Mark Bittman  
Ever So Humble, Cast Iron Outshines The Fancy Pans  
December 7, 2005

*Time: 45 minutes*

### *Ingredients*

1 pint brussels sprouts (about a pound)  
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan  
5 cloves garlic  
Salt and pepper to taste  
1 tablespoon balsamic vinegar  
[handful of pine nuts, lightly roasted in a cast iron pan]

### *Method*

1. Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, [and stir in pine nuts as well and serve hot or warm.

*Yield: 4 servings.*