

# MAKING MEMORIES

COOKING WITH KSPS

## HONEY CARAWAY BRUSSELS SPROUTS

- 8 ounces brussels sprouts (washed and dried well)
- 1 1/2 tablespoons olive oil
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/2 teaspoon caraway seeds

1. Preheat an oven to 400 degrees F.
2. Trim any damaged or tough leaves from the outside of the sprouts, trim any excess stem and then slice them into quarters.
3. Toss the cut pieces of brussels sprouts in a bowl while you drizzle the olive oil on. Keep tossing until the brussels sprouts are evenly coated.
4. Add the honey and toss to coat evenly.
5. Sprinkle on the salt and caraway seeds and toss to evenly distribute.
6. Line a baking sheet with a silicone mat or parchment paper and then dump the sprouts out onto the sheet. Spread them out evenly and place the baking sheet in the oven.
7. Bake for 15-20 minutes, or until the Brussels sprouts are evenly browned.



[KSPS.ORG/MAKINGMEMORIES](https://www.kspstv.com/making-memories)

