

Brussels Sprouts Chips

Siena Duplan | sienaduplan.com/food



Servings: 2

Prep: 10 mins Bake: 15-20 mins Ready in 25-30 mins

Ingredients:

- About 10 **brussels sprouts**

For the glaze:

- 1 tablespoon **olive oil**
- ½ tablespoon **vinegar** (balsamic works best)
- ½ tablespoon Dijon **mustard**
- ½ teaspoon **sriracha**
- ¼ teaspoon **salt**
- ¼ teaspoon **pepper**



Directions:

1. Pre-heat oven to 375°F.
2. Cut off bottoms of brussels sprouts to either compost or trash.
3. Carefully peel individual leaves from the outside of each brussels sprout. When peeling individual leaves becomes frustrating, chop off about 1/4" from bottom of brussels sprout and save. Repeat this process until leaves are too difficult to individually peel.
4. Eventually, leaves will become almost impossible to peel. At this point, cut the remainder of the brussels sprout into quarters.
5. Combine all brussels sprouts parts onto a baking sheet lined with nonstick foil.
6. Combine all ingredients for the glaze in a mug or small cup and mix with a fork. When all ingredients are incorporated, drizzle glaze over brussels sprouts and toss with bare hands until all leaves are equally glazed.
7. Pop baking sheet into the oven and bake for 15 minutes.
8. After 15 minutes, leaves should be crunchy, while brussels sprout chunks will be more tender. If desired, remove leaves and place brussels sprouts chunks back into the oven for 5 more minutes.