



Hustle 'n Brussels Foil-Pack Attack



1/2 of pack: 182 calories, 2.75g total fat (0.5g sat. fat), 513mg sodium, 35.5g carbs, 6.5g fiber, 5g sugars, 6g protein

Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

10 Brussels sprouts (or 14, if small), halved
10 oz. baby red potatoes, cut to same size as halved sprouts
1/2 cup chopped onion
1 tsp. olive oil
1/2 tsp. chopped garlic

Seasonings

1 tsp. dried rosemary
1/2 tsp. coarse salt

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Mix all ingredients in a medium bowl. Distribute onto the center of the foil, and cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 30 - 35 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

Hungry GRILL Instructions! Preheat grill to medium-high heat. Assemble foil pack according to above directions. Place on grill and cook for 15 - 18 minutes with the grill cover down. Follow regular cooling instructions.

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