

Easy Baked Brussels Sprouts: Crispy, Zesty & Flavorful

truly infuses every sprout with incredible flavor - the bright tang of



OVEN
400°F

TIME
25 min

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INGREDIENTS

1 lb (about 4 cups) fresh Brussels sprouts
Juice of 1 lemon (freshly squeezed)
1 tablespoon olive oil
Black pepper, to taste
Paprika, to taste (about 1/2 - 1 tsp)
Garlic salt, to taste (about 1/2 - 1 tsp)

DIRECTIONS

1. Let's get these delicious : Baked Brussels Sprouts roasting!
2. Prepare : Brussels Sprouts: Trim the tough ends off the 1 lb fresh Brussels sprouts and remove any loose or discolored outer leaves. Cut each Brussels sprout in half lengthwise. If they are very large, quarter them for more even cooking and extra crispy edges.
3. Marinate: In a large bowl or a gallon-sized resealable plastic bag, combine the juice of 1 lemon, 1 tablespoon olive oil, black pepper to taste (about 1/2 tsp), paprika (about 1/2 - 1 tsp), and garlic salt (about 1/2 - 1 tsp). Add the cut Brussels sprouts, seal the bag (or cover the bowl), and toss around vigorously until all the Brussels sprouts are well coated with the marinade.
4. Refrigerate : Overnight: Place the sealed bag or covered bowl in the refrigerator and allow the Brussels sprouts to marinate overnight (8-12 hours). This allows the flavors to deeply penetrate the sprouts.
5. Preheat : Oven: When you're ready to roast, preheat your oven to 400°F (200°C).
6. Arrange & : Bake: Remove the marinated Brussels sprouts from the refrigerator. Spread them out in a single layer on a large baking sheet. Ensure they are not overcrowded, as this will cause them to steam instead of roast and get crispy. Use two baking sheets if necessary. Place the baking sheet in the preheated oven and bake for 25 minutes.
7. Broil for : Crispness (Optional): For an extra crispy, beautifully caramelized finish, you can turn your oven's broiler to high for the last 3-5 minutes. Keep

a very close eye on them under the broiler, as they can burn quickly!

8. **Serve:** Remove from the oven. Transfer to a serving dish and serve hot as a delightful side dish.

SWAPS & NOTES

of paprika deeply penetrate the vegetables.

Then, the high-heat roasting creates that coveted crispy exterior and tender interior that makes Brussels sprouts so addictive.

It's a healthy side dish that feels gourmet, requires minimal hands-on time, and consistently delivers a delicious result.

Trim the ends and remove any loose outer leaves.

TIPS FOR SUCCESS

Overnight Marination: This step truly makes a difference in flavor and helps tenderize the sprouts.

Single Layer for Roasting: Do not overcrowd the baking sheet.

Give the Brussels sprouts space to breathe and roast properly; otherwise, they will steam and become soggy.

High Heat Roasting: Roasting at 400°F (and potentially broiling) is key to achieving crispy, caramelized edges.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-baked-brussels-sprouts-crispy-zesty-flavorful/>