

## Easy Baked Brussels Sprouts: Crispy & Flavorful Side Dish

to taste (freshly ground recommended)



**OVEN**  
**400°F**

**TIME**  
**25 min**

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### INGREDIENTS

Juice of 1 lemon (freshly squeezed)  
1 Tablespoon olive oil  
Pepper to taste (freshly ground recommended)  
1 teaspoon paprika (sweet or smoked)  
1 teaspoon garlic salt  
Approximately 1.5 - 2 lbs Brussels sprouts, trimmed and cut in half (or quartered if very large)

#### Swaps and Notes:

**Brussels Sprouts:** Choose firm, bright green Brussels sprouts. If they are very large, quartering them ensures more surface area for caramelization and quicker cooking.

**Lemon Juice:** Fresh lemon juice is crucial for the best flavor.

**Olive Oil:** Extra virgin olive oil adds good flavor, but any cooking oil will work.

**Paprika:** Sweet paprika offers a classic, mild flavor. Smoked paprika will add a deeper, smoky note, which pairs wonderfully with sprouts.

**Garlic Salt:** If you don't have garlic salt, use 1/2 teaspoon garlic powder and 1/2 teaspoon salt, or adjust salt to taste.

**Optional Spices:** A pinch of onion powder, dried oregano, or even a tiny dash of cayenne pepper could be added to the marinade for extra flavor.

**Balsamic Glaze:** A drizzle of balsamic glaze or reduction after baking can add a lovely sweet-tangy finish.

### DIRECTIONS

1. Preparing these flavorful : Brussels sprouts is mostly hands-off, with the magic happening during the overnight marinade and roasting.
2. Prepare : Marinade: In a large, resealable plastic bag or a medium bowl, combine the juice of 1 fresh lemon, 1 tablespoon olive oil, pepper (to taste), 1 teaspoon paprika, and 1 teaspoon garlic salt. Whisk or stir everything together until well combined.
3. Add : Brussels Sprouts & Coat: Add the trimmed Brussels sprouts (halved or quartered, depending on size) to the bag or bowl. Seal the bag (or cover the bowl) and toss thoroughly until the Brussels sprouts are well coated with the marinade.
4. Refrigerate : Overnight: Place the sealed bag or covered bowl in the refrigerator and let the Brussels sprouts marinate overnight (for at least 8 hours, up to 24 hours). This allows the flavors to truly penetrate the sprouts.
5. Preheat : Oven for Roasting: When you're ready to roast, preheat your oven to a hot 400°F (200°C).
6. Roast : Sprouts: Spread the marinated Brussels sprouts in a single layer on a baking sheet. Ensure they are not overcrowded; if necessary, use two baking sheets to avoid steaming them.
7. Bake: Bake in the preheated oven for about 25 minutes, or until the Brussels sprouts are tender-crisp, with beautifully caramelized and slightly charred outer leaves. You can give them a shake or a quick toss halfway through baking for even browning.
8. Serve: Remove from the oven and serve immediately.

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