

Tried and True Recipes from Untiedt's Roadside Stands

Over 25 locations. Most locations open 7 days a week, 10am – 6:30pm Mid-June – Labor Day

Brussels Sprout Chips

- 2 cups -shelled Brussels Sprouts
- 2 tbsp -butter, coconut oil, or any cooking oil
- Lemon Zest (optional)
- salt and pepper

Directions:

Preheat oven to 350°. Peel sprouts by trimming off the end of the sprout and peeling off the outer leaves until you see a slightly lighter green, shiny surface emerge. You may cook just the leaves for chips or cut the remaining sprout in half and roast all together. Mix leaves, sprouts (if using), butter, salt and pepper together in a bowl and add lemon zest if desired. Place on parchment paper, 2 trays, and bake until leaves are crispy



Untiedt's Vegetable Farm, Inc.

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