

# Crispy Brussels Sprouts

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4



## The Ingredients

- 1 pound Brussels sprouts, cut in half
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste
- 1/4 teaspoon red pepper flakes
- Juice of 1/2 lemon
- 1 tablespoon honey
- 1 tablespoon red wine vinegar
- 2 tablespoons dijon mustard
- 1 clove garlic, minced

## Directions

- In a large bowl, combine Brussels sprouts, oil and seasoning. Toss until Brussels sprouts are coated.
- Add seasoned Brussels sprouts to the basket of the air fryer and cook at 380 degrees for 18 minutes. Toss Brussels sprouts halfway through.
- While the Brussels sprouts are cooking, combine lemon juice, honey, vinegar, mustard and garlic in a small bowl.
- Remove cooked Brussels sprouts from the air fryer, drizzle with dressing and serve!