# Garlic Walnut Roasted Brussels Sprouts

*Crispy roasted Brussels sprouts tossed with toasted walnuts and garlic for a flavorful, low-carb side dish perfect for lean muscle support.*

**Servings:** 2 **Time:** 30 minutes

## Ingredients

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/3 cup walnuts, roughly chopped
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika (optional)

## Instructions

1. Preheat oven to 425°F.
2. In a bowl, toss Brussels sprouts with olive oil, salt, pepper, and smoked paprika.
3. Spread Brussels sprouts on a baking sheet in a single layer.
4. Roast for 20 minutes, flipping halfway through for even browning.
5. Meanwhile, toast walnuts in a dry skillet over medium heat for 3-4 minutes until fragrant, stirring frequently to avoid burning.
6. In the last 2 minutes of roasting, add minced garlic to the Brussels sprouts and toss quickly to combine.
7. Remove Brussels sprouts from the oven, mix in toasted walnuts, and serve warm.

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