



Tamari-Roasted Brussels Sprouts

*The Washington Post's Food and Dining editor, Joe Yonan, recently spent a week with us at La Cocina Que Canta teaching his easy and delicious vegetarian recipes. You can get more of Joe's recipes in his next book, *Cool Beans: The Ultimate Guide to Cooking With the World's Most Versatile Plant-Based Protein*. For a nice twist on Brussels sprouts try Joe's tangy and smoky version.*

Serves 10 to 12

INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup tamari
- 1 tablespoon toasted sesame oil
- 1 teaspoon Southeast Asian fish sauce (optional)
- 3 pounds Brussels sprouts, trimmed and quartered

METHOD:

1. Preheat the oven to 500°F. Have one or two large rimmed baking sheets at hand.
2. Whisk together the oil, tamari, sesame oil and fish sauce, if using, in a small bowl.
3. Spread the Brussels sprouts on the baking sheets. Arrange the Brussels sprouts in one layer on the pan. Spread them out so there is room for air to circulate between the sprouts, so they roast and don't steam.
4. Drizzle the tamari mixture over the Brussels sprouts and toss to coat.
5. Roast in oven, shaking the pan every 5 minutes or so, until the vegetables are crisp and browned all over, about 20 minutes.
6. Serve warm or at room temperature.

¡Buen Provecho!