



Hustle 'n Brussels Foil-Pack Attack



1/2 of pack: 182 calories, 2.75g total fat (0.5g sat. fat), 513mg sodium, 35.5g carbs, 6.5g fiber, 5g sugars, 6g protein

Prep: 10 minutes **Cook:** 35 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

10 Brussels sprouts (or 14, if small), halved
10 oz. baby red potatoes, cut to same size as halved sprouts
1/2 cup chopped onion
1 tsp. olive oil
1/2 tsp. chopped garlic

Seasonings

1 tsp. dried rosemary
1/2 tsp. coarse salt

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Mix all ingredients in a medium bowl. Distribute onto the center of the foil, and cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 30 - 35 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

Hungry GRILL Instructions! Preheat grill to medium-high heat. Assemble foil pack according to above directions. Place on grill and cook for 15 - 18 minutes with the grill cover down. Follow regular cooling instructions.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.