Brussels sprouts: leave breathing room on the tray

A crowding-versus-spacing diagram and recipe checklist. Use the free printable with the steps below. Compare the optional supply only if you need it.

Materials: Brussels sprouts; oil and seasoning from your chosen recipe; knife and board; suitable baking tray

1. Prepare comparable pieces

Read the linked Love and Lemons recipe for its ingredient amounts and oven method. Trim the sprouts and cut them consistently; particularly large sprouts may need a different cut. Record the preparation on the free tray planner.

2. Compare space before cooking

Arrange the prepared sprouts in one layer with room between them, following the recipe. If the tray is crowded, use another batch or suitable tray. The crowded-versus-spaced diagram explains layout; it does not guarantee a particular texture.

3. Use the recipe's finish

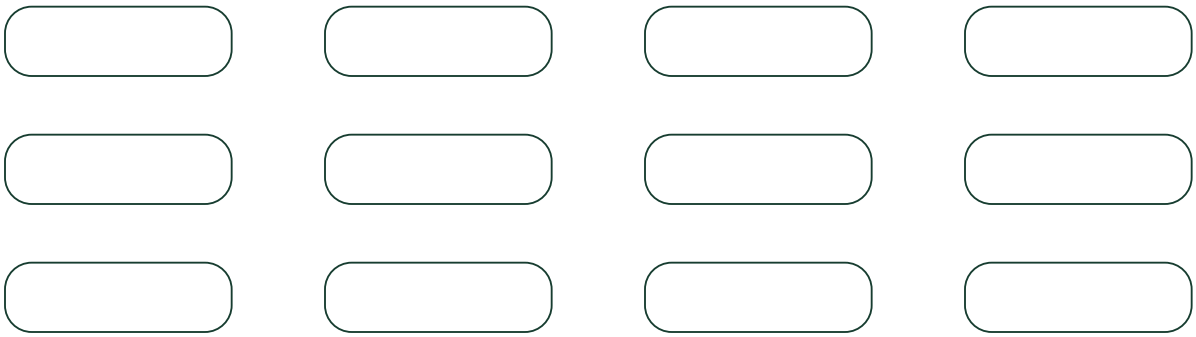
Roast and check doneness using the actual recipe, oven and size of pieces. Add acidic sauces or finishing ingredients as directed, keeping the uncoated aluminum pan's care instructions in mind. Serve promptly or cool and store leftovers safely.

Source / recipe: Love and Lemons Roasted Brussels Sprouts

Keep perishable food cold and follow actual recipe, food and container instructions. Use the worksheet to organize ingredients and serving arrangements.

Your printable workspace

Sketch / measure your own layout



Sprout size / preparation

Usable tray footprint / batches

Chosen recipe / doneness observations

Use suitable items you own. Check exact recipe, material and product directions.