



ROASTED GARLIC BRUSSEL SPROUTS WITH PARMESAN

Yield: 4 Servings

Ingredients

- 1 1/8 quarts Brussel Sprouts
- 2 1/4 teaspoons Water
- 1 1/8 teaspoon Garlic Clove, minced
- 1/8 teaspoon Crushed Red Pepper Flakes
- 2 1/4 tablespoons Parmesan Cheese, grated
- 2 1/4 tablespoons Olive Oil
- 1/8 teaspoon Salt
- 1/8 teaspoon Black Pepper

Procedures

1. Wash and cut Brussel sprouts in half lengthwise. In a bowl, combine 1/3 of the oil, water and 1/2 the salt. Add Brussel sprouts and toss until coated with the mixture.
2. Place Brussel sprouts cut side down on lightly sprayed sheet trays and roast for 10 to 15 minutes or until caramelized and tender.
3. While the sprouts are roasting, in a sauté pan heat the remaining oil until it shimmers. Add minced garlic and red pepper flakes. Remove from heat.
4. Remove sprouts from the oven and toss with oil mixture, parmesan cheese, remaining salt and pepper.

Nutrition Facts

| | |
|------------------------------|-----------------------|
| Serving size | 4 oz. (113 g) |
| Amount per serving | |
| Calories | 130 |
| | % Daily Value* |
| Total Fat 9g | 10% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 4mg | 0% |
| Sodium 323mg | 15% |
| Total Carbohydrate 9g | 4% |
| Dietary Fiber 4g | 15% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 73mg | 6% |
| Iron 1mg | 6% |
| Potassium 393mg | 8% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

