

ROASTED GARLIC PARMESAN BRUSSELS SPROUTS

INGREDIENTS:

- 16 oz Brussels sprouts, rinsed and cut in half
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ cup grated parmesan cheese
- Salt and Pepper to taste

DIRECTIONS:

1. Preheat your oven to 400°F (200°C).
2. Wash Brussels sprouts to remove any dirt. Remove any yellow or damaged leaves.
3. Trim the bottom of the Brussels sprouts, and slice each Brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with foil or parchment paper if you like).
4. Pat the Brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, salt, and pepper. Toss gently to coat the Brussels sprouts evenly. Sprinkle parmesan and stir to coat.
5. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the parmesan Brussels sprouts on the center rack for 25 to 30 minutes – Adjust the time depending on your oven. The vegetables should be golden brown.
6. Transfer the parmesan roasted Brussels sprouts to a serving bowl or plate and enjoy!