



Roasted Garlic Parmesan Brussels Sprouts

Ingredients

- 2 cups of brussels sprouts
- 2 tbsp extra virgin olive oil
- 2 tsp garlic
- 3 tbsp parmesan cheese

Directions

1. Bring a small pot of water to the boil and blanch the brussels sprouts for 5 minutes.
2. Preheat the oven to 425 degrees F. Drizzle a little olive oil on a large baking sheet and use a paper towel to rub the pan down.
3. In a large bowl, toss the brussels sprouts, olive oil, garlic and salt to taste until the brussels sprouts are evenly coated.
4. Pour brussels sprouts in an even layer onto the prepared baking sheet; sprinkle any left-over garlic and oil over the top.
5. Roast for 10 to 12 minutes, until the brussels sprouts are cooked through.
6. Sprinkle with parmesan cheese before serving and enjoy!

Healthy Tip: Olive oil is heart healthy fat!

Calories 117

Total Fat 9 g

Saturated Fat 2 g

Cholesterol 3 mg

Sodium 93mg

Total Carbohydrate 8 g

Dietary Fiber 3 g

Sugars 2 g

Protein 4 g