

Parmesan Roasted Brussels Sprouts



Ingredients:

- 1 1/2 pound fresh Brussels sprouts, halved
- 2 tablespoons canola or olive oil
- 1/4 cup whole grain breadcrumbs
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Preheat oven to 425 F. Prepare a baking sheet with nonstick spray and set aside.
2. Combine the Brussels sprouts and oil in a zip top plastic bag and shake to coat.
3. Add breadcrumbs, Parmesan cheese, garlic powder, salt, and pepper to the bag.
4. Shake again to coat.
5. Spread the coated Brussels sprouts evenly on the prepared baking sheet.
6. Bake for 15-17 minutes until the cheese is melted and the Brussels sprouts are browned slightly.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>