

ROASTED GARLIC PARMESAN BRUSSELS SPROUTS

Golden and crisp on the outside, tender on the inside — ready in under 30 minutes



INSTRUCTIONS

1. Prep the Brussels sprouts

- 1 lb Brussels sprouts, cleaned and trimmed

Preheat the oven to 400°F. Cut the Brussels sprouts in half and place them in an oven-safe dish. Make sure to dry them very well before cooking — the drier they are, the crispier they'll get.

2. Season and toss

- 2 cloves garlic, peeled and sliced
- 1/4 cup Parmesan cheese, freshly grated
- Salt and pepper, to taste
- 3 Tbsp avocado oil

Add the garlic, Parmesan cheese, salt, and pepper to the dish, followed by the avocado oil. Toss well to coat.

3. Roast

- Extra grated Parmesan, for serving

Roast uncovered for 20 to 25 minutes, until crisp, brown, and caramelized on the outside and tender on the inside. Serve topped with more grated Parmesan.

NUTRITION (per serving, makes 4)

- Calories: 167
- Total Fat: 12g
- Total Carbs: 11g
- Fiber: 4g
- Net Carbs: 7g
- Protein: 6g

STORAGE

Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in the oven at 350°F until warmed through, about 5 to 7 minutes, or in the microwave.



Recipe created by Mind-Body Functional Health.
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