



# SMASHED PARMESAN BRUSSELS SPROUTS

## Smashed Parmesan Brussels Sprouts

---

Get ready to sprout some joy with these crispy smashed Parmesan Brussels sprouts! Baked to tender perfection, smashed flat, and roasted until golden, these bites are brussel-ing with cheesy, garlicky goodness. Perfect as a side dish or snack.

---

### Ingredients

- 1 pound large **Brussels sprouts**, cleaned and trimmed\*
- ½ teaspoon **kosher salt**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon **black pepper**
- 2 to 4 tablespoons **grated Parmesan cheese**

### Notes

\*Be sure to slice off the tough root at the bottom of each sprout to allow for easy flattening

***Directions found on the back***



*Photo Credit: Joy Bauer*

*(Joy Bauer et al. Smashed parmesan Brussels sprouts)*



# SMASHED PARMESAN BRUSSELS SPROUTS

## Directions

1. Preheat oven to 425°F. Mist a large baking sheet with nonstick olive oil spray.
2. Place Brussels sprouts in a large microwave-safe bowl with a splash of water (about 4 tablespoons), cover with a paper towel and microwave for 6 minutes. You need to ensure the sprouts are very soft and squishy; if they're still too firm, microwave for a few additional minutes. Drain off all water and pat dry with a towel. The drier you can get them the better.
3. Lay Brussels on prepared baking sheet, spread out in a single layer. Using the bottom of a wide, flat-bottomed mug (or using both palms, one on top of the other), "smash" each of them so they're spread in a flat circle.
4. Then, working with 1 sprout at time, wrap each in a layer of paper towels and press between both hands to make them even flatter as you remove the excess moisture. Place them back on the backing sheet, generously mist tops with olive oil spray and sprinkle on salt, garlic, pepper and Parmesan.
5. Roast in oven about 20 minutes, then flip them over and roast an additional 5 minutes. Serve warm or room temperature.

*(Joy Bauer et al. Smashed parmesan Brussels sprouts)*