



Shredded Parmesan Brussels Sprouts

Ingredients:

1½ lbs. Brussels sprouts, trimmed
3 Tablespoons olive oil, extra-virgin
Kosher salt and black pepper to taste
1/4 cup parmesan cheese, freshly grated

Equipment:

Food processor
Measuring cups & spoons
1 half-sheet pan
Serving bowl & spoon

Directions

1. Preheat the oven to 425°F. In a food processor fitted with the slicing blade, coarsely shred the Brussels sprouts. On a half-sheet pan, toss the Brussels sprouts with the olive oil, season with salt and pepper and spread in an even layer.
2. Roast in the oven for 30 minutes, until the Brussels sprouts are tender and browned in spots; rotate the pans and stir the Brussels sprouts halfway through the roasting.
3. Sprinkle with Parmesan cheese, toss and bake for 1 more minute or until the cheese is melted.
4. Transfer to a bowl and serve. The Brussels sprouts can be baked up to 2 hours ahead; rewarm them before serving.

Makes 4 to 6 Servings

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/6 of recipe (125g) Servings 6 Calories 130 Fat Cal. 70	Total Fat 8g	15%	Total Carb. 11g
	Sat. Fat 1.5g	8%	Fiber 4g	20%
	Trans fats 0g		Sugars 3g	
	Cholest. less than 5mg	1%	Protein 5g	
	Sodium 300mg	10%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 20%	Vitamin C 160%	Calcium 8%	Iron 8%

Adapted From: *Food & Wine* – November 2006