



Smashed Parmesan Brussels Sprouts

4 servings

20 minutes

Ingredients

352 grams Brussels Sprouts (trimmed)
30 milliliters Extra Virgin Olive Oil
10 milliliters Apple Cider Vinegar
3 grams Sea Salt
900 milligrams Red Pepper Flakes
28 grams Parmigiano Reggiano (finely grated)

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Add the Brussels sprouts to a pot of water and bring to a boil. Boil for eight to ten minutes. Drain the water.
- 3 In a bowl, toss together the Brussels sprouts, oil, apple cider vinegar, sea salt, and red pepper flakes.
- 4 Transfer the sprouts to the baking sheet and use a measuring cup to smash down the sprouts until lightly crushed. Top with grated cheese and bake for ten minutes. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Dairy-Free: Swap out cheese for nutritional yeast.

More Flavor: Drizzle with honey before baking.