

Smashed Parmesan Brussels Sprouts Recipe

Ingredients:

- 1 lb (450g) Brussels sprouts
- 2 tbsp olive oil
- Salt & pepper, to taste
- ¼ cup grated Parmesan cheese

Instructions:

1. **Preheat Oven:** Preheat your oven to 425°F (220°C).
2. **Prepare the Brussels Sprouts:** Trim the hard tips of the Brussels sprouts and wash them thoroughly.
3. **Blanching:** Bring a pot of salted water to a boil. Prepare a bowl of iced water. Place the sprouts into the boiling water and blanch for about 4 minutes. Remove them into the bowl of iced water to cool completely.
4. **Drying:** Remove the Brussels sprouts from the iced water and dry them with a clean kitchen towel.
5. **Smashing:** Using a meat mallet, gently smash each Brussels sprout until flat.
6. **Roasting:** Place the smashed sprouts in a roasting pan, ensuring they don't touch each other. Drizzle with olive oil and season with salt and pepper.
7. **First Bake:** Roast in the oven for 15 minutes.
8. **Adding Parmesan:** Flip the sprouts and place a small dab of Parmesan cheese on top of each one. Return to the oven and bake for an additional 12 to 15 minutes until crispy.
9. **Serve:** Enjoy crispy, golden Brussels sprouts!

Nutritional Breakdown (per serving, assuming 4 servings):

- **Calories:** 170 kcal
- **Protein:** 6g
- **Carbohydrates:** 10g
 - **Fiber:** 4g
 - **Sugars:** 2g
- **Fat:** 13g
 - **Saturated Fat:** 3g
- **Cholesterol:** 6mg
- **Sodium:** 220mg
- **Vitamin C:** 120% of the daily value
- **Vitamin K:** 195% of the daily value
- **Calcium:** 10% of the daily value
- **Iron:** 6% of the daily value