

Crispy parmesan crusted brussels sprouts

RECIPE:

Brussels:

12-15 brussels sprouts
1-2 tbsp olive oil
1 tsp salt
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp paprika
1/4 tsp mustard powder
Pinch cayenne pepper
1+ cup grated parmesan cheese

Hot Honey Mustard:

1/4 cup mayo
2 tbsp dijon mustard
1 tbsp hot sauce of choice
1 tbsp honey

Preheat oven to 400°F. Toss brussels sprouts in a small amount of olive oil and place on a baking sheet.

Cover with aluminum foil and roast for 25-30 minutes, stirring halfway through cook time, until fork tender. Remove from oven and let cool slightly.

In a small bowl, mix together the salt, onion powder, garlic powder, paprika, mustard powder and cayenne.

Trim the ends and then cut the brussels sprouts in half. Optional: flatten the brussels sprouts by placing another sheet pan on top and pressing down. Season liberally on both sides with the spice blend.

Place a little less than 1 tbsp of parmesan down on a sheet pan for each brussels sprout half, then place them flat side down on the parmesan and press down gently.

Return to oven for 10-12 minutes, until the cheese is crispy. Meanwhile, whisk together all ingredients for the hot honey mustard.

Remove from oven and let cool slightly, then use a spatula to release from the pan.
Serve warm with dipping sauce and enjoy!!