



Parmesan Roasted Brussels Sprouts



Ingredients:

- 1 ½ pounds fresh Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- ¼ cup breadcrumbs
- ½ cup shredded parmesan cheese
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper

Method:

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with non-stick spray and set aside.
2. Combine Brussels sprouts and olive oil in a large zip close bag and shake to coat. Add the breadcrumbs, parmesan cheese, garlic powder, salt and pepper to the bag and shake to coat.
3. Spread in an even layer on the baking sheet and bake for 15 to 17 minutes until the cheese is melted and the Brussels sprouts are lightly browned.