
Brussels

1 message

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Ingredients

2 pounds Brussels sprouts, trimmed and halved
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 teaspoon finely minced garlic
½ teaspoon red pepper flakes
Kosher salt and freshly ground pepper to taste.
¼ cup coarsely grated or shaved Parmesan cheese
Finely grated zest from 1 lemon

Directions

Preheat the oven to 425°F. Spray a rimmed baking sheet with nonstick spray, or line with parchment paper or aluminum foil.

Place the Brussels sprouts on the baking sheet. Drizzle over the olive oil and sprinkle over the garlic and red pepper flakes. Use your hands or a spoon to toss the Brussels sprouts until they are evenly coated, and then spread them out in an even single layer on the baking sheet. Sprinkle with the vinegar and salt and pepper and roast for 15 minutes, until the Brussels sprouts start to soften.

Sprinkle over the Parmesan and lemon zest and use a spoon to toss the Brussels sprouts until well combined, then spread them back out on the baking sheet. Roast for another 10 to 15 minutes until they are browned and tender. Taste and add additional salt and pepper as needed. Serve warm or hot.