

GARLIC PARMESAN BRUSSELS SPROUTS

Serves 4

Ingredients

- 1 pound fresh **Brussels sprouts**, halved
- 1 tablespoon **olive oil**
- 1 teaspoon **garlic powder**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 3 tablespoons grated **Parmesan cheese**

Nutrition Facts*

1 serving

Calories: 100

Protein: 5 grams

Total Carbohydrates: 11 grams

Dietary Fiber: 4 grams

Total Fat: 4.5 grams

**Nutrition facts are an estimate and vary based on serving size.*

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Directions

- 1 Preheat oven to 425°F.
- 2 On a parchment-lined sheet pan, toss Brussels sprouts with olive oil, garlic powder, salt and pepper until evenly coated.
- 3 Roast for 12 to 15 minutes, flipping the Brussels sprouts halfway through.
- 4 Sprinkle the Brussels sprouts with Parmesan cheese and continue roasting for an additional 2 to 3 minutes.



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