

## Parmesan-Balsamic Roasted Brussels Sprouts From EatingWell.com

### Ingredients:

- 1-pound Brussels sprouts, trimmed and halved
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves of garlic
- ¼ cup finely grated Parmesan cheese
- 1 tablespoon balsamic vinegar

### Directions:

1. Heat olive oil. Add garlic and brown.
2. Cut stems off brussels sprouts and cut in half.
3. Add to skillet and let brown on one side before stirring.
4. After browned but still a bright green, remove from heat. Add balsamic vinegar and stir. Sprinkle with parmesan cheese.

### Alternate cooking method:

Preheat oven to 425°. Toss Brussels sprouts, oil, garlic, salt and pepper in a large bowl. Spread in an even layer on a large rimmed baking sheet. Roast for 8 minutes. Remove from the oven, and stir to combine. Roast for 8 more minutes. Remove from the oven and sprinkle the vegetables with Parmesan and vinegar; toss to combine. Turn off the oven and return the pan to the warm oven until the cheese is melted, about 2 minutes.

### Nutrition information

Serving size: ¾ cup

Per serving: 151 calories; 9 g fat(2 g sat); 5 g fiber; 14 g carbohydrates; 6 g protein; 76 mcg folate; 4 mg cholesterol; 5 g sugars; 0 g added sugars; 900 IU vitamin A; 98 mg vitamin C; 119 mg calcium; 2 mg iron; 262 mg sodium; 519 mg potassium