



GARLIC-PARMESAN ROASTED BRUSSELS SPROUTS

Basic Lifestyle

Ingredients

2 pounds Brussels sprouts, trimmed and halved (or quartered if large)
1 small lemon, sliced
4 cloves garlic, sliced
1/4 cup extra-virgin olive oil
1 TBS chopped fresh thyme or 1 TSP dried
1/2 TSP salt
1/4 TSP ground pepper
1/3 cup finely shredded Parmesan cheese
Optional (Stabilization & Maintenance) 1/4 cup toasted pine nuts

Instructions

1. Position racks in upper and lower third of oven; preheat to 425°.
2. Toss Brussels sprouts, lemon, garlic, oil, thyme, salt and pepper in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.
3. Roast without stirring for 10 minutes. Switch the pans top to bottom and continue roasting, without stirring, until lightly browned and tender, 8 to 10 minutes more. Transfer to a serving dish and sprinkle with Parmesan (and, if you're on Stabilization & Maintenance, you can also sprinkle with the pine nuts.)

Portion-Per-Serving Information (Yields 8 servings)

1 serving = 1/2 cup = 1 V