



PARMESAN-BALSAMIC ROASTED BRUSSELS SPROUTS

Basic Lifestyle

INGREDIENTS

1 pound Brussels sprouts, trimmed and halved
2 TBS extra-virgin olive oil
¼ TSP salt
¼ TSP ground pepper
½ cup sliced shallots
¼ cup finely grated Parmesan cheese
1 TBS balsamic vinegar

INSTRUCTIONS

—Preheat oven to 425 degrees F.

—Toss Brussels sprouts, oil, 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, add shallots to the pan 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.

SERVING INFO: (Yields 4 servings)

3/4 cup = 1 ½ V, ½ FT