

Oven Roasted Parmesan Brussel Sprouts



Oven Roasted Parmesan Brussels Sprouts are a healthy and delicious side dish that are easy to make. Fresh brussels sprouts roasted with olive oil, parmesan, and seasonings.

Course	Side Dish
Keyword	brussels sprouts recipe, roasted brussels sprouts, side dish recipe
Prep Time	5 minutes
Cook Time	20 minutes
Total Time	25 minutes
Servings	6 servings
Calories	114kcal
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Ingredients

- 1 1/2 lbs brussel sprouts (trimmed & halved)
- 2 tablespoons olive oil
- 1/3 cup parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions

1. Heat oven to 425 degrees. Very lightly spray a cookie sheet with cooking spray.
2. In a bowl, combine brussel sprouts (that have been halved and ends trimmed) with the remaining ingredients. Toss together to coat all the brussel sprouts.
3. Spread onto the cookie sheet making sure they are not touching.
4. Cook for 16-20 minutes. Serve immediately.

Notes

COOK TIME: All ovens cook so differently so if you need to cook these for longer, then do that! Mine are usually perfect around 18 minutes, but if your oven is older then you may need closer to 20 minutes or more.

This recipe is so versatile. Add in additional seasonings if wanted.

You can use the cheaper grated parmesan cheese in the green can or shredded parmesan cheese that comes pre-shredded, or even shred your own fresh parmesan cheese.

I always use extra virgin light olive oil as the flavor is very mild.

Nutrition

Calories: 114kcal | Carbohydrates: 11g | Protein: 6g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 4mg |
Sodium: 312mg | Potassium: 447mg | Fiber: 4g | Sugar: 3g | Vitamin A: 898IU | Vitamin C: 96mg |
Calcium: 113mg | Iron: 2mg