



Brussels Sprouts, Roasted with Garlic, Red Pepper Flakes, and Parmesan

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 42 minutes

These brussels sprouts come out nice and crisp. Even those who are so-so about sprouts will probably like them. Easy to make. The olive oil and garlic combo provides the savory flavor enhanced by the saltiness of the parmesan cheese.



- 2 1/4 pounds Brussels sprouts, trimmed and halved
- 6 tablespoons olive oil (3 tbs for tossing, 3 tbs for roasting)(see NOTES for slicing tips)
- 1 tablespoon water
- 1 dash salt
- 1 dash black pepper
- 2 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- 1/4 cup parmesan-reggiano cheese, grated

NOTE: *If you are buying loose brussels sprouts, select those that are about 1-1/4" long. Quarter (instead of halve) any sprouts over 2-1/2". Don't cut sprouts shorter than 1".*

Adjust oven rack to upper-middle position and heat oven to 450°F.

Toss Brussels sprouts, oil, water, 3/4 teaspoon salt, and 1/4 teaspoon pepper in large bowl until sprouts are coated.

Transfer sprouts to rimmed baking sheet and arrange so cut sides are facing down.

Cover sheet tightly with aluminum foil and roast for 10 minutes.

Remove foil and continue to cook until Brussels sprouts in oven until they are well browned and tender, 10 to 12 minutes longer.

Heat remaining 3 tablespoons of oil in 8-inch skillet over medium heat until shimmering. Add garlic and red pepper flakes; cook until garlic is golden and fragrant, about 1 minute. Remove from heat.

Transfer to serving platter, toss with garlic oil, and season with salt and pepper to taste. Sprinkle with Parmesan and serve.