



CRISPY SMASHED BRUSSELS SPROUTS

By Dr. Cindy Tanzar
(Standard Plan, Vegan/Vegetarian & Maintenance)

This recipe is so easy and so delicious! Even if you're not a fan of Brussels sprouts in general, these crispy veggies become very caramelized and tasty. They're a perfect Fall side dish.

Makes 2 servings. One serving equals one cup and covers your vegetable for one meal.



INGREDIENTS

1 lb. Brussels sprouts

1 Tbsp avocado oil

1 tsp. garlic powder

2 tsp. + 1/4 tsp. Pink Himalayan salt, divided

1/8 tsp. cayenne pepper

Optional: 1/3 cup Vegan Parmesan cheese (see GHS recipe) or Parmesan (maintenance only)



DIRECTIONS

Preheat oven to 425°F. Fill a large pot with water and 2 tsps. of the Pink Himalayan salt and bring to a boil.

Lightly trim any browned stem from the bottom of each sprout, being careful not to cut much off or the leaves will fall off. Add Brussels sprouts to the boiling water and boil for 10 minutes. Drain the sprouts and pat them dry with a paper towel.

In a large bowl, toss the Brussels sprouts with the oil, garlic powder, cheese, salt & cayenne. Arrange sprouts in a single layer on baking sheet with a small space between them.

Using the bottom of a small jar or glass, press down on the sprouts to smash them flat.

Roast smashed sprouts for about 30 minutes until crispy and golden brown.