



## Smashed Brussels Sprouts



1/4 of recipe (about 3/4 cup): 115 calories, 6.5g total fat (1.5g sat. fat), 247mg sodium, 11g carbs, 4.5g fiber, 3g sugars, 5.5g protein

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**Prep:** 15 minutes    **Cook:** 50 minutes



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### Ingredients

1 lb. Brussels sprouts, trimmed  
1 1/2 tbsp. olive oil  
1 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
2 tbsp. grated Parmesan cheese

### Directions

Preheat oven to 425°F. Spray a baking sheet with nonstick spray.

Bring a large pot of water to a boil. Add Brussels sprouts. Once returned to a boil, reduce heat to medium. Cook until tender, about 10 minutes.

Thoroughly drain Brussels sprouts.

In a large bowl, combine oil, garlic powder, onion powder, salt, and pepper. Mix well. Add Brussels sprouts, and toss to coat.

Place Brussels sprouts on the baking sheet. Smash with a fork or potato masher until flat.

Bake for 10 minutes.

Flip Brussels sprouts, and top with Parm. Bake until crispy, about 10 more minutes.

**MAKES 4 SERVINGS**

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