



Mangia Bene, Viva Bene

By FRANK ZEOLI



Roasted Brussel Sprouts

As I have said in many recipes, vegetables were a big part of the meals my grandmother would make. She almost never served dinner without at least one vegetable and a salad. Every vegetable dish had a small flare to it, something that made it different or more appealing to us kids, so we would eat it. The next few recipes will be some of my grandmother's favorite vegetable and salad recipes. I want to start with her Roasted Brussel Sprouts.

I hope you enjoy them.

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ingredients

- 1 lb. of fresh brussel sprouts (stems cut off, cut in half)
- 8 cloves of garlic (minced)
- 1 stick of salted butter, 4 oz. (melted)
- 2 oz. of olive oil
- ¼ cup of parmesan cheese
- ½ teaspoon of salt
- ¼ teaspoon of pepper



Instructions

1. Preheat the oven to 375°.
2. Clean and remove the ends of the brussel sprouts and cut them in half. Put them in a mixing bowl.
3. Add the minced garlic, salt and pepper to the mixing bowl and give it a good mix.
4. Add the melted butter and olive oil and mix until all of the brussel sprouts are fully coated.
5. Place the brussel sprouts face down on a baking sheet. Bake for about 25 minutes until they are soft when you put a fork in them.



6. Take them out of the oven, sprinkle the parmesan cheese on them and return them to the oven for another 5 minutes.
7. Remove them from the pan and serve them hot.

Look for more recipes
in the next
edition of the
SIAMO QUI.

