

RECIPE OF THE WEEK

Smashed Brussels Sprouts

Ingredients

- 2 lb whole Brussels sprouts - ends trimmed
- 2 tbsp. extra virgin olive oil
- 2½ tsp. kosher salt divided
- ¼ tsp. ground pepper
- Pinch of red pepper flakes - optional
- 3 tbsp. finely grated Parmesan (for Maintenance only)
- Juice of 1 small lemon - optional



Preparation

1. Place racks in the center and upper third of your oven and preheat oven to 425°F.
2. Fill a saucepan large enough to comfortably hold the brussels sprouts with water and bring it to a boil. Add 2 tsp. of salt to the water. While the water comes to a boil, prepare an ice bath.
3. Add Brussels sprouts to the boiling salted water and cook until the sprouts are tender, for about 10 minutes.
4. Drain the Brussels sprouts, then plunge immediately into the ice bath. Let the cool off for 1 minute and then place the Brussels sprouts on a layer of paper towels and lightly pat dry.
5. Transfer the Brussels sprouts to the center of a large, rimmed baking sheet. Drizzle with the oil, and sprinkle with the remaining ½ tsp. salt, black pepper, and red pepper flakes (if using). Toss to coat, then spread into an even layer.
6. Use the base of a drinking glass or coffee mug and gently but firmly press on each sprout to flatten it into a disk that is about ½ -inch thick.
7. Bake the Brussels sprouts for 15 minutes and then remove them from the oven and carefully flip.
8. Sprinkle the Parmesan (if using) over the top, then return the sprouts to the oven and continue baking until they are crisp on the outside and the cheese is golden for about 5 to 10 more minutes.
9. For a crispier top, transfer the pan to the upper rack and turn the oven to broil. Let broil for 2 to 3 minutes but watch carefully so that the Brussels sprouts do not burn.
10. Remove from the oven and squeeze the lemon juice over the top (if using).
11. Store Brussels sprouts in an airtight, freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator before reheating.
12. Serve and enjoy!

