

## Recipe for: Creamy Baked Brussels Sprouts **Beneficial Bites**

*3 Cups Brussel s sprouts, bottoms removed and halved*  
*1 cup heavy cream*  
*4 cloves garlic, minced*  
*1 tablespoon Italian seasoning*

*Salt and pepper, to taste*  
*¾ cup shredded parmesan cheese*  
*1 cup shredded mozzarella cheese*

1. Preheat oven to 400 degrees. Butter a cast iron skillet or a small casserole dish (like a 9×9), set aside.
2. In a large bowl, combine all ingredients. Pour into prepared skillet/casserole dish.
3. Optional: You can sprinkle a little extra of both cheeses on top if you like it extra, extra cheesy!
4. Bake for 25-30 minutes, till bubbly and edges are browned.
5. Let rest for 5 minutes and serve!



## Recipe for: Lemon Garlic Roasted Brussels Sprouts **Beneficial Bites**

*1 pound Brussels sprouts, trimmed*  
*1.5 tablespoons olive oil*  
*¼ teaspoon garlic powder*

*Salt and pepper to taste*  
*Juice of 1 medium lemon*

1. Preheat oven to 400 degrees.
2. Cut the rough stems off the ends of the Brussels sprouts, and cut the remaining sprout in half, peeling away any leaves that look shriveled.
3. Place the halves on a sheet pan, lined with parchment to prevent sticking, and drizzle with olive oil.
4. Sprinkle on lemon juice, salt, pepper and garlic powder, and toss with hands to help coat all the pieces.
5. Cook in the oven for about 10 minutes, and then remove carefully toss and flip everything over to make sure it gets cooked evenly.
6. Cook an additional 15 minutes or so, until your Brussels sprouts reach desired golden brown crispiness.
7. Add more lemon juice if desired, salt or pepper (to taste), and serve warm.



## Recipe for: Bacon and Brussels Sprouts Salad

**Beneficial Bites** 

*1 Lemon*

*1 Orange*

*1 Large shallot, minced*

*½ Cup olive oil*

*Salt and pepper, to taste*

*6 Slices cooked bacon, crumbled or chopped*

*4 Dozen Brussels sprouts*

*1 Cup almonds*

*1 Cup grated Pecorino-Romano Cheese*

Cook and crumble the bacon.

Squeeze the juice of the lemon and orange into a large bowl with the shallots. Pour the oil into the bowl in a steady stream, whisking to form an emulsion (it should appear more creamy and less transparent). Season generously with salt and pepper. Refrigerate until ready to use.

Using a mandoline, shave the brussel sprouts (not including the stems) into thin slices to make a shredded/slaw texture.

Place the almonds in a food processor and pulse until chopped coarsely. Add 3/4 of the almonds, cheese, and bacon to the shredded brussel sprouts; toss to combine. When ready to serve, toss with the dressing and sprinkle remaining almonds, cheese, and bacon over the top. If needed, add a few more tablespoons of olive oil and toss.



## Recipe for: Kung Pao Brussels Sprouts

**Beneficial Bites** 

*2 pounds Brussels sprouts*

*2 Tablespoons olive oil*

*2 Tablespoons honey or maple syrup*

*2 Tablespoons rice or apple cider vinegar*

*2 Teaspoons toasted sesame oil*

*Salt and pepper, to taste*

*2 Tablespoons reduced-sodium tamari or soy sauce*

*½ - 2 Teaspoons Sriracha, to taste*

*2 Cloves garlic, pressed or minced*

*Optional Garnishes: Peanuts, chopped*

*green onion, fresh cilantro, red pepper flakes*

Preheat oven to 400 degrees, trim ends from Brussels sprouts and cut in half lengthwise

Transfer sprouts to a large baking sheet, tossing with olive oil and roasting 25-30 minutes, tossing halfway

Meanwhile, to prepare the sauce: in a small saucepan add the tamari or soy sauce, honey or maple syrup, rice vinegar, sesame oil, sriracha and garlic. Whisk until combined and add more sriracha for spice to taste.

Bring sauce mixture to a boil or medium-high heat, stirring occasionally. Reduce heat to medium and stir occasionally until sauce is thickened.

Transfer roasted sprouts to a serving bowl. Pour the sauce over the sprouts and toss to coat. Add the peanuts, green onion, and optional cilantro and toss again.

