

Oven Roasted Parmesan Brussel Sprouts

Ingredients

- 1 ½ lbs Brussel sprouts (trimmed & halved)
- 2 tablespoons olive oil
- 1/3 cup parmesan cheese
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

Heat oven to 425 degrees. Very lightly spray a cookie sheet with cooking spray.

In a bowl, combine Brussel sprouts with above ingredients and toss to coat all the sprouts. Spread onto the cookie sheet making sure they are not touching.

Cook for 16-18 minutes. Serve immediately.