

Roasted Brussel Sprouts with Lemon and Parmesan

1 pound brussels sprouts, rinsed, ends trimmed, rough outer leaves of larger sprouts removed

1 Tbsp minced garlic (about 3 cloves)

1 teaspoon lemon juice

2 Tbsp olive oil

Salt

Freshly ground black pepper

1/4 cup freshly grated Parmesan cheese (optional)

Preheat oven to 375°F.

Toss sprouts with garlic, lemon juice, olive oil, salt, spread onto a roasting pan: Place brussels sprouts in a large bowl. Toss with garlic and lemon juice. Toss with olive oil so that the sprouts are well coated. Spread the brussels sprouts out in a large cast iron frying pan or roasting pan in a single layer with plenty of space between the sprouts. Sprinkle generously with salt (at least half a teaspoon) and a few turns of black pepper.

Roast in oven: Put brussels sprouts in oven on top rack, roast for 30 minutes, stirring the sprouts about halfway through the cooking. Adjust the timing depending on the size of the sprouts. The sprouts should be nicely browned, some of the outside leaves crunchy, the interior should be cooked through. If the sprouts look like they are getting too browned (they should be well browned, not burnt), move them to a lower rack or lower the heat. If after 30 minutes the sprouts aren't browned enough, put them under the broiler (or increase the heat to 500°F) for 5 minutes.

Sprinkle with Parmesan: Toss with Parmesan (if using) and add more salt to taste to serve.

Adapted from simplyrecipes.com

