

ROASTED BRUSSELS SPROUTS AU GRATIN

INGREDIENTS

2 pounds brussels sprouts, trimmed and cut in half, if large
1 tablespoon oil
salt and pepper to taste
1 cup heavy cream
2 tablespoon butter, melted
1 cup panko bread crumbs
1 cup sharp cheddar cheese, grated

DIRECTIONS

Preheat oven to 425F. Spray an oven-safe baking pan with cooking spray.

Toss the brussels sprouts in the oil, salt and pepper. Place in baking pan in a single layer. Roast the brussels sprouts until tender, about 20-30 minutes. Pour the cream over the brussels sprouts and continue to cook for another 10 minutes. In a small work bowl, combine butter, panko and cheese, and sprinkle on top of the brussels sprouts. Broil until golden brown on top, about 3-5 minutes.

Let settle/thicken for 10 minutes before serving.