

# Smashed Brussels Sprouts

## Ingredients

---

2 lb Brussels Sprouts  
2 T Olive Oil  
2 clv Garlic (minced)  
1 t Thyme (chopped)  
1 c Mozzarella Cheese  
1/4 c Parmesan Cheese (grated)  
0 ds Kosher Salt  
0 ds Ground Black Pepper  
1/4 c Parsley (chopped)

## Instructions

---

- 1.Preheat oven to 425Â° and line a large baking sheet with foil. Prepare an ice bath in a large bowl.
- 2.Bring a large pot of salted water to a boil. Add brussels sprouts and cook until bright green and very tender, about 10 minutes. Immediately add brussels sprouts to ice bath to cool then drain.
- 3.On the baking sheet, add brussels sprouts and toss with olive oil, garlic and thyme. Using a potato masher, press down on the brussels sprouts to smash them into a flat patty. Season each smashed brussels sprout with salt and pepper, then sprinkle mozzarella and Parmesan on top.
- 4.Bake until the bottoms of the sprouts are crispy and the cheese is melted and golden, about 20 minutes.

# Smashed Brussels Sprouts

5. Garnish with parsley and serve immediately.