



GRILLED “CAESAR” BRUSSEL SPROUTS

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

SERVES: 2 - 4



INGREDIENTS:

8-12 oz brussel sprouts, cut into halves
Parmesan cheese, grated
Olive oil
Salt and pepper
1/2 lemon, juiced

DIRECTIONS

1. Parboil brussel sprouts, drain and toss in light olive oil with salt & pepper.
2. Throw on low heat side of grill to caramelize and get some char.
3. Take brussels off grill, and to give them some crisp (optional), sauté in olive oil.
4. If crisped, remove brussels and drain with slotted spoon.
5. Toss in Caesar dressing and with parmesan cheese.
6. Add lemon juice. Salt and pepper, to taste.

