**Brussel Sprouts (Sweet and Parmesan)**

RECIPE

**DIRECTIONS**

1. Preheat oven to 375 degrees. Spray a pan with non-stick spray.
2. Steam Brussels sprouts over boiling water until tender, about 10-15 minutes. Transfer to pan.
3. Add butter, brown sugar and honey.
4. Cover and bake for 25-35 minutes until sweet and tender.

**INGREDIENTS**

* 20 cups Brussel sprouts
* 1 stick butter, melted
* 1 ½ cups brown sugar
* ¼ cup honey
* Salt and pepper
* Optional Ingredients:

Bacon, chicken broth, onion, maple syrup

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**DIRECTIONS**

1. Preheat oven to 375 degrees. Spray a pan with non-stick spray.
2. Steam Brussels sprouts over boiling water until tender, about 10-15 minutes. Transfer to pan.
3. Toss Brussel sprouts with oil, sprinkle with garlic powder, salt, pepper, top with parmesan cheese and breadcrumbs.
4. Bake for 20-30 minutes until tender.

**INGREDIENTS**

* 20 cups brussel sprouts
* 6-8 tablespoons olive oil
* 1 ½ -2 cups parmesan cheese
* 1 tablespoon garlic powder
* ¾ cup breadcrumbs
* Salt and pepper

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| **Prep Time:** 20 minutes | **Cook Time:** 0 minutes | **Total Time:** 20 minutes | **Yield:** 20 servings |