

## ALMOND ROASTED BRUSSELS

**1-16 OZ. PACKAGE FRESH BRUSSEL SPROUTS**

**OLIVE OIL**

**SALT & PEPPER**

**2-3 TBSP. DRIED SHALLOTS**

**OR FRESH CHOPPED GREEN ONION**

**1/8 CUP PARMESAN CHEESE**

**1/4 CUP CHOPPED ROASTED ALMONDS**

**2-3 TBSP. TOASTED SESAME SEEDS (OPTIONAL)**

**FRESH LEMON**

Wash brussels and cut the stem ends off. Slice in half. If they are super large cut them into three sections.

Place in a bowl and toss well in olive oil. Add remaining ingredients minus the salt and pepper and toss. Spray air fryer basket with cooking spray for easy clean up. Put brussels into basket and then salt and pepper.

Cook brussels on 370 degrees for 6 minutes. Shake and turn heat to 400 degrees and cook 2 more minutes. Squeeze lemon juice over brussels. Serve hot and sprinkle again with parmesan cheese after plating. Enjoy!!

***REGULAR OVEN: Bake on a sprayed cookie sheet at 400 degrees for 10-15 minutes.***

***"I personally think these are the best brussels I have ever tasted! I love the almond crunch!"***  
***Tammy***