
Crispy Smashed Brussels Sprouts with Parmesan

Golden, crispy Brussels sprouts with a tender center and savory Parmesan crust. A low-glycemic side dish that's both satisfying and blood sugar-friendly.

Prep: 10 min

Cook: 35 min

Total: 45 min

Servings: 4

GL 1.3 / GI 33

Ingredients

Low GI (15), high fiber cruciferous vegetable Brussels sprouts

Healthy monounsaturated fats slow glucose absorption olive oil, plus more for baking sheet

Adds flavor without impacting blood sugar garlic powder

2 tsp for boiling water, 1/2 tsp for seasoning sea salt, divided

Optional heat; capsaicin may improve insulin sensitivity cayenne pepper

Adds protein and fat; minimal glycemic impact Parmesan cheese, grated and divided

Instructions

Step 1

Preheat your oven to 425°F (218°C). Prepare a large baking sheet by brushing it lightly with olive oil or coating with cooking spray to prevent sticking.

Step 2

Bring a large pot of water to a rolling boil and add 2 teaspoons of sea salt. Add the Brussels sprouts to the boiling water and cook for 8-10 minutes until they're fork-tender but not mushy. You should be able to easily pierce them with a knife.

Step 3

Drain the Brussels sprouts immediately and transfer them to an ice bath or run under cold water to stop the cooking process. Pat them completely dry with paper towels or a clean kitchen towel - this step is crucial for achieving maximum crispiness.

Step 4

Transfer the dried Brussels sprouts to a large mixing bowl. Drizzle with 2 tablespoons of olive oil, then add the garlic powder, remaining 1/2 teaspoon sea salt, and cayenne pepper. Add 5 tablespoons of the grated Parmesan cheese and toss everything together until the sprouts are evenly coated.

Step 5

Arrange the seasoned Brussels sprouts on your prepared baking sheet in a single layer, spacing them about 1.5-2 inches apart. Using the bottom of a drinking glass, mason jar, or measuring cup, press down firmly on each sprout to smash it flat, creating more surface area for crisping.

Step 6

Sprinkle the remaining 3 tablespoons of Parmesan cheese over the smashed sprouts. Roast in the preheated oven for 25-30 minutes, carefully flipping each sprout halfway through cooking, until both sides are golden brown and crispy at the edges. Serve immediately while hot and crispy.