

# 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.