



Roasted brussel sprout leaves

Yield: Makes: 6 servings

Serving Size: 1/2 cup

Ingredients

1 pound	Brussel sprouts
1 tbsp	Olive oil
1 whole	Lemon
¼ cup	Walnuts
¼ cup	Parmesan cheese

Directions

1. Preheat oven to 400 degrees. Wash brussel sprouts, cut off stems, and peel leaves from outer edges.
2. Cut zest (outer yellow part) of lemon and mince finely. Toss brussel sprouts and leaves with lemon zest, olive oil, and walnuts, and season with salt and pepper. Separate brussel sprouts from leaves
3. Roast brussel sprouts for 20 minutes. After 20 minutes, put leaves onto baking sheet and roast for another 10-12 minutes, until crispy.
4. Sprinkle with parmesan cheese and serve with lemon wedge.