



# VEGETABLE PARMESAN CRUSTED BRUSSELS SPROUTS

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*Update this holiday favorite with our beloved Northern Italian Parmesean cheese for a crispy golden finish.*

**PAIR WITH VIANSA TERRA COLLECTION  
PINOT NOIR**

**VIANSA**  
VIGNETI DI FAMIGLIA



# VEGETABLE PARMESAN CRUSTED BRUSSELS SPROUTS

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1 pound Brussels sprouts - ends trimmed and cut in half

2 tablespoons extra virgin olive oil

4 cloves garlic - minced

2 tbsp. Italian seasoning

2 teaspoons fresh lemon juice

1 lemon, for zest

salt and black pepper

1 cup freshly grated Parmesan cheese, plus more for garnish

1. Preheat oven to 400°F.

2. In a large bowl, add the Brussels sprouts, olive oil, garlic, lemon juice, Italian seasoning, Parmesan, salt, and pepper. Toss to combine.

3. Spread the Brussels sprouts mixture onto a baking sheet lined with aluminum foil in an even layer with the Brussels cut side down. If you need to split the Brussels into two pans so they all lay flat, be sure to do so.

4. Bake for 25 minutes or until the Brussels sprouts are golden brown on the edges, stirring occasionally.

5. Remove from oven once your Brussels reach the desired color and top with Parmesan cheese and lemon zest.

*Serves 4 • Pair with Terra Collection Pinot Noir*  
*Cook Time 45 Minutes*

