



Warm Cheesy Shaved Brussels Sprouts Dip

Servings

6

Calories

220

Prep Time

10 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

- 2 cloves garlic, minced
- ¼ cup shallot or scallions, minced
- 2 tablespoons olive oil
- 1 (9 ounce) bag Mann™ Shaved Brussels Sprouts
- ½ teaspoons salt
- ½ teaspoons ground pepper
- ¼ teaspoon dried thyme leaves
- ½ cup sour cream
- 4 ounces cream cheese
- 2 tablespoons mayonnaise
- ¼ cup grated Parmesan cheese
- ⅔ cup grated mozzarella cheese
- 1 tablespoon chopped parsley (optional)



The Method

Preheat oven to 375° F.

In large frying pan, sauté garlic and shallots in oil until soft. Add Mann™ Shaved Brussels Sprouts, salt, pepper and thyme, cook for 3-4 more minutes until wilted and tender. Take off heat and set aside.

In a mixing bowl, blend together sour cream, cream cheese, mayonnaise, Parmesan, and mozzarella. Add cooked Shaved Brussels Sprouts and mix well. Place in a baking dish and bake until hot and bubbly, about 15 minutes.

Top with parsley and serve with dipping veggies, chips or crackers.

Nutrition Facts

Serving Size: 111g | Servings: 6

Amount Per Serving

Calories 220 | Calories from Fat 160 | Total Fat 18g (sat fat 9g trans 0g) | Cholesterol 45mg | Sodium 420mg | Total Carbohydrate 8g | Dietary Fiber 2g | Sugars 3g | Protein 8g | Vitamin A 20% | Vitamin C 60% | Calcium 15% | Iron 4%

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