



# Pan Roasted Shaved Brussels Sprouts with Parmesan

## Servings

2-4

## Calories

220

## Prep Time

5 minutes

## Total Time

10 minutes

## Skill Level

Easy

## Ingredients

1 (9 ounces) packages Mann's Shaved Brussels Sprouts

1/4 cup olive oil

1/2 teaspoon salt and pepper

garlic powder

1 tablespoon fresh lemon juice

2-4 tablespoons shredded Parmesan cheese



## The Method

In large frying pan, mix Shaved Brussels Sprouts with olive oil, salt and pepper, stirring until well coated. Cook over medium high heat covered for 5 minutes, stirring every 2 minutes. After 5 minutes, remove lid, and continue to cook 3-5 more minutes over high heat, stirring frequently until browned in spots. Stir in Parmesan cheese, lemon juice and dash of garlic powder, and serve.

## Nutrition Facts

Serving Size: 115g | Servings: 3

### Amount Per Serving

Calories 220 | Calories from Fat 170 | Total Fat 20g (sat fat 3.5g trans 0g) | Cholesterol 5mg | Sodium 500mg | Total Carbohydrate 8g | Dietary Fiber 3g | Sugars 2g | Protein 5g | Vitamin A 15% | Vitamin C 120% | Calcium 10% | Iron 8%