

Brussel Sprouts with Nut Crumbs

Nut Crumbs are: Gluten Free, Paleo, Vegan, Keto, Sugar Free

Ingredients:

2 cups. Brussel sprouts

2 Tbs. of Scarlata Farms Mediterranean Olive Oil

1/4 cup grated parmesan cheese

1/4 cup Italian Nut Crumbs

Italian salt with flowers and pepper to taste (if needed)

½ cup of Pancetta

Italian Balsamic Glaze

Wash your sprouts, cut off the ends, and slice down the middle of the sprout

Place each half inside up in an oiled cast iron skillet

Drizzle each brussel sprout with Mediterranean Olive Oil. Sprinkle with parmesan cheese, add Pancetta and top with Italian Nut Crumbs.

Bake in a preheated oven at 425 degrees for about 25 minutes or until crispy brown.

Drizzle Balsamic Glaze over the brussel sprouts before serving.

Enjoy!