

# Stuffed Brussels Sprouts

Servings : 6

| Amount | Measure | Ingredient - Preparation Method      |
|--------|---------|--------------------------------------|
|        |         | cooking spray                        |
| 1      | pound   | Brussels sprout - trimmed and halved |
| 1      | cup     | ricotta cheese                       |
| 1/2    | cup     | Parmesan cheese - freshly grated     |
| 1/4    | cup     | Italian bread crumbs                 |
|        |         | zest of 1/2 lemon                    |
| 1      | pinch   | red pepper flakes                    |
| 1      | clove   | garlic - minced                      |
|        |         | kosher salt                          |
|        |         | black pepper                         |
|        |         | extra virgin olive oil               |

Preheat oven to 400. Grease a large baking sheet with spray. In a large pot of salted water, blanch sprouts until bright green, 2 minutes. Rinse under cold water, then drain.

Using a small spoon, scoop out insides of sprouts, then transfer hollows to sheet.

Stir together ricotta, Parmesan, bread crumbs, lemon zest and red pepper flakes, and season with salt and pepper. Spoon into sprouts, drizzle with oil and sprinkle with Parmesan.

Bake until ricotta is warmed and sprouts are crispy, 20-25 minutes.

Description: "veggies"