

## Rosemary Brussels Sprouts Sauté

### Ingredients:

- Olive oil
- 2 pounds fresh Brussels sprouts
- 2-4 sprigs fresh rosemary
- 8-10 cloves garlic
- Crumbled Asiago or Parmesan cheese

### Directions:

1. Thinly slice sprouts. If you use a food processor, slice sprouts on the slicing blade so they are shredded.
2. Smash garlic into olive oil and sauté with fresh rosemary until slightly browned.
3. Add sliced sprouts, cooking only a few minutes until just wilting.
4. Add salt and pepper to taste.
5. Cook a few more minutes.
6. Top with Asiago or Pecorino cheese and serve.

**Recipe Source:** family recipe

**Shared by:** Raisa Glabman

### Registered Dietician Notes:

Calories: 45  
Protein: 0 g  
Carbohydrates: 2 g  
Fat: 0 g

