

Dad's Brussels Sprouts

Ingredients

Brussels sprouts	1-2 lb.	Dried rosemary	¼ tsp.
Safflower oil	2 Tbsp.	Black pepper	¼ tsp.
Lawry's garlic salt	1 tsp.	Parmesan cheese, grated	2 tsp.
Butter	4 Tbsp.	Lemon powder	¼ tsp.
Garlic powder	¼ tsp.	— (or Lemon juice	1 Tbsp.)

Directions

Trim and quarter **Brussels sprouts**

1. Clean **Brussels sprouts** by trimming the stem ends and removing any discolored outer leaves. Cut larger sprouts into quarters and smaller ones in half.
2. In a large bowl, toss the prepared **Brussels sprouts** with **oil** and **garlic salt** until evenly coated.
3. Spread the **Brussels sprouts** in the air fryer basket.
4. Air fry at *400°F* for *15 minutes*, shaking the basket halfway through cooking time, until the sprouts are crispy and slightly blackend.
5. While the sprouts are cooking, prepare the butter sauce: In a small saucepan over medium-low heat, melt **butter**. Add **garlic powder**, **dried rosemary**, and **black pepper**. Cook for *1 minute* until fragrant.
6. Remove butter sauce from heat and whisk in **lemon powder**.
7. Transfer the cooked **Brussels sprouts** to a serving bowl, pour the butter sauce over them, and toss to coat evenly.
8. Sprinkle with grated **Parmesan cheese** and serve immediately.

Equipment Required

- Air fryer (3-6 quart capacity)
- Large mixing bowl (for tossing sprouts)
- Small saucepan (for butter sauce)
- Measuring cups and spoons
- Sharp knife and cutting board
- Wooden spoon or spatula
- Whisk
- Serving bowl
- Timer

Mise en Place

- Trim and quarter **Brussels sprouts** before preheating the air fryer
- Measure all spices and have them ready by the stovetop
- Have butter at room temperature for faster melting
- If using **lemon juice**, squeeze fresh just before adding to the sauce

Ingredient Tips

- Choose firm, bright green **Brussels sprouts** with tightly packed leaves
- Smaller sprouts tend to be sweeter and cook more evenly
- Use a high smoke-point neutral oil like avocado, canola, or grapeseed
- European-style butter (higher fat content) creates a richer sauce
- Freshly grated **Parmesan** provides better flavor than pre-grated
- Fresh rosemary (1 tsp. finely chopped) can be substituted for dried
- If you don't have **TruLemon**, fresh lemon zest can be used in addition to juice

Preparation Tips

- Size consistency matters - cut larger sprouts into quarters and smaller ones in half for even cooking
- Don't overcrowd the air fryer basket - cook in batches if needed for maximum crispiness
- For extra caramelization, place sprouts cut-side down in the basket
- If sprouts aren't crispy enough after the initial cooking time, air fry for an additional *2-3 minutes*
- Keep the butter sauce warm until ready to toss with the sprouts
- Add the **Parmesan** just before serving for the best texture

Make Ahead & Storage

- **Brussels sprouts** can be trimmed and quartered up to *24 hours* in advance and stored in an airtight container in the refrigerator
- Butter sauce can be prepared *1 hour* ahead and kept warm on the lowest heat setting
- Leftover sprouts can be refrigerated for up to *3 days* and reheated in the air fryer at *350°F* for *3-4 minutes*
- Not recommended for freezing as texture will deteriorate

Serving Suggestions

- Serve as a side dish with roasted chicken, steak, or pork chops
- Add crispy bacon bits or toasted pine nuts as a deluxe garnish
- For a vegetarian main course, serve over creamy polenta or risotto
- Pairs well with rich, full-bodied red wines like Cabernet Sauvignon
- For a holiday meal, add dried cranberries for a pop of color and sweetness