

# Parma Brussel Sprouts

**Yield:60**



## Ingredients

- 1 pound brussel sprouts, trimmed and halved
- ½ cup flour
- 2 eggs, beaten
- ¾ cup panko bread crumbs
- 1 cup freshly grated parmesan cheese
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne
  
- Caesar dressing for dipping (optional)

**Steps 1:** Preheat oven to 400°F. Grease a large baking sheet with a non-stick cooking spray or olive oil.

**Step 2:** Add flour to a medium shallow bowl and add eggs to a separate shallow bowl. In a third shallow bowl, whisk together panko bread crumbs, Parmesan, olive oil, salt, garlic powder, and cayenne.

**Step 3:** Working in batches, toss brussel sprouts in the flour until fully coated, then dunk in eggs. Dredge in panko mixture then place on baking sheet. Bake until golden and crispy, about 25 minutes.

**Step four:** Serve immediately with Caesar dressing, if using.