

## Smashed Brussels Sprouts

### Ingredients:

- 2 lbs. Brussels sprouts
- about 2 Tb Tuscan Herb Infused Olive Oil, or more as needed
- salt (a flaky finishing salt such as Nordur sea salt works well)
- freshly ground pepper
- ¼ Cup parmesan cheese, or to taste

### For Serving:

If desired: Balsamic Vinegar  
We suggest: Traditional, Maple,  
Black Mission Fig, or Neapolitan Herb  
for finishing/drizzling.

### Directions:

- Preheat oven to 425 degrees.
- Boil sprouts in water to cover, until soft but not mushy – about 10 minutes or more, depending on size of sprouts. Drain, rinse with cold water, then drain again.
- Proceed with recipe, or cover sprouts and refrigerate until ready to use. (Boiling them the night before using, and storing them in a sealed plastic bag in the refrigerator also works great)
- Place sprouts on a parchment paper-lined baking sheet. Using a potato masher, Mason jar, or flat-bottomed glass, smash each sprout; the flatter the better.
- Drizzle sprouts generously with olive oil and season with salt and pepper.
- Bake about 5 minutes, then remove from oven and top with parmesan cheese. Return to oven to continue baking until crispy and cheese is golden, for another 15 minutes or so.
- Best served immediately.  
If desired, drizzle with Balsamic Vinegar before serving.

*From our Kitchen at:*

# PORT PLUMS

CULINARY GOODS

OLIVE OIL

50 Water Street, Mill #4  
Newburyport, MA 01950  
978.462.7700      [portplums.com](http://portplums.com)