



SMASHED BRUSSELS SPROUTS

Submitted by Cindy Ference, Coquitlam, British Columbia

10 large Brussels sprouts

½ tsp. **Mediterranean Greek Herb Blend**

2 Tbsp. **Meyer Lemon Infused Olive Oil**

Sunset Seasoned Salt

Garlic Pepper with a Twist of Lime

1 cup Mozzarella cheese, shredded

¼ cup Parmesan cheese, grated

Spinach & Herb Mix

Blanch Brussels sprouts for about 10 minutes, until they turn bright green.

Toss sprouts with oil and **Mediterranean Greek Herb Blend**. Place in a casserole dish.

Using the bottom of a glass, smash each sprout into a flat patty.

Season with **Sunset Seasoned Salt** and **Garlic Pepper with a Twist of Lime** to taste. Top with both cheeses and sprinkle with **Spinach & Herb Mix**.

Bake at 425°F for about 20 minutes.



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- **Meyer Lemon Infused Olive Oil**
- **Sunset Seasoned Salt**

- **Garlic Pepper with a Twist of Lime**
- **Spinach & Herb Mix**