

# Cacio e Pepe Brussels Sprouts

**Yield:** 6 servings (1/2 cup)

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons freshly ground pepper
- Crushed red pepper flakes
- 14 ounces shredded Brussels sprouts, see Note
- 1 teaspoon kosher salt
- 1 1/4 cups freshly grated Parmesan cheese, plus more for serving
- Zest of 1 lemon
- 1/3 cup toasted hazelnuts or pecans, roughly chopped



*Adapted from  
Skinnytaste.com  
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## Notes

You can carefully shave your own Brussels sprouts using a mandoline, but buying them already prepped is a major time-saver.

## Preparation

1. In a large skillet over medium heat, cook the olive oil, pepper, and red pepper flakes together until toasted, 30 seconds to 1 minute.
2. Add the Brussels sprouts and cook, without stirring, until they begin to soften, about 2 minutes.
3. Season with the salt, and cook until the Brussels sprouts just begin to char, about 2 minutes.
4. Remove the skillet from the heat and add the Parmesan, lemon zest, and hazelnuts.
5. Serve warm, topped with more fresh Parmesan, if desired.

## Nutritional Information: Amount per serving

- Calories: 204
- Calories from fat: 66%
- Fat: 15g
- Saturated fat: 5g
- Protein: 12g
- Carbohydrate: 8g
- Fiber: 3.5g
- Cholesterol: 16.5mg
- Sodium: 592mg
- Sugar: 2g