

Brussels Sprouts Gratin

Chef Audrey - Aldi Test kitchen
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*2 pounds Brussels sprouts,
ends removed and shaved
thin*
1 onion, diced
4 cloves garlic, minced
*2 cups aged white cheddar
cheese, shredded*
*1 teaspoon ground
rosemary*
2 teaspoons ground thyme
*2 tablespoons all-purpose
flour*
1 teaspoon sea salt
1/2 teaspoon ground pepper
olive oil cooking spray
2 cups half-and-half
*1/2 cup shredded
Parmesan cheese*
1 cup plain breadcrumbs
*2 tablespoons extra-virgin
olive oil*
*2 tablespoons fresh parsley,
chopped*

Preparation Time: 10 minutes

Cook Time: 30 minutes

Preheat the oven to 375 degrees.

In a large bowl, combine the Brussels sprouts, onions, garlic, white cheddar, rosemary, thyme, flour, salt and pepper. Toss to combine.

Coat a 9x13-inch pan with cooking spray. Transfer the Brussels sprout mixture to the pan. Pour the half-and-half over the Brussels sprouts.

In a small bowl, combine the Parmesan, breadcrumbs and olive oil. Mix until combined and sprinkle over the Brussels sprouts.

Bake for 30 minutes or until golden brown.

Add the fresh parsley and serve.

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TIP:

This dish can be made ahead of time. Add all of the ingredients in step one except the half-and-half. Wrap in plastic wrap and keep in the refrigerator for up to two days. Add the half-and-half right before baking and continue with the remaining steps.

Per Serving (excluding unknown items): 886 Calories; 41g Fat (37.9% calories from fat); 47g Protein; 103g Carbohydrate; 35g Dietary Fiber; 29mg Cholesterol; 2775mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 16 1/2 Vegetable; 6 1/2 Fat.