



Everything Herbal

by Cheryl Jabz

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This Recipe



Fenugreek Parmesan Brussels Sprouts

BENEFITS

High in fiber and
antioxidants. Crispy edges
and savory flavor.

SCAN CODE



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INGREDIENTS

- 1 lb Brussels sprouts, halved
- 1 tbsp olive oil
- 1/4 tsp ground fenugreek
- 1/4 cup grated Parmesan
- Salt and pepper

INSTRUCTIONS

- 1 Preheat oven to 425°F (220°C).
- 2 Toss sprouts with oil and fenugreek.
- 3 Roast 20–25 minutes.
- 4 Sprinkle with Parmesan before serving.

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