



# Brussel Sprouts

## INGREDIENTS:

**5 C. Brussel Sprouts  
trimmed and cut into  
quarters**

**1/4 C. Olive oil**

**1/4 C. Soy**

**3/4 Tsp. Truffle dust**

**1/2 Tsp. Pepper**

**3/4 Tsp. Corn Starch**

**1 Tsp. Garlic Salt**

**1 C. panko bread crumbs**

**Cooking Spray**

## HOW TO MAKE:

1. Fill bowl with cold water.
2. Place brussel sprouts in water.
3. Wash and trim sprouts.
4. Remove from water.
5. Use knife and cutting board to slice and quarter sprouts.
6. Place in plastic bag.
7. Pour remaining ingredients in bag except Panko.
8. Gently toss until the sprouts are evenly covered.
9. Just before putting on pan, add panko to bag and toss.
10. Evenly spray dark baking sheet with non-stick cooking spray.
11. Evenly layer sprouts mixture on tray making sure no overlapping.
13. Preheat oven to 425° using Air Fry mode.
14. Once oven has preheated place pan on the center rack in the oven.
15. Cook 10 to 12 minutes. Serve hot.