

# Caesar Brussels Sprouts

Cooks Country Dec/Jan 2019



## Servings: 5

1. **DRESSING:** Whisk juice, mayo, Worcestershire, mustard, garlic, anchovies, pepper and salt in large bowl until combined. Slowly whisk in oil until emulsified; set aside.
2. **SPROUTS:** Combine Brussels sprouts, 1/4 cup oil and 1/4 tsp salt in 12" nonstick skillet. Cover skillet, place over med heat; cook, stirring occasionally until Brussels sprouts are bright green and have started to brown, about 10 min.
3. Uncover and continue to cook, stirring occasionally, until they're deeply and evenly browned and paring knife slides in with little to no resistance, about 5 min. longer. Transfer to rimmed baking sheet and let cool for 15 min. Wipe skillet clean with paper towels.
4. Combine panko, 1/4 tsp salt and remaining 1 T oil in now empty skillet and cook over med heat, stirring frequently, until golden brown, 2-4 min. Transfer to small bowl and stir in Parm.
5. Add Brussels sprouts to dressing and gently toss to combine. Transfer to serving platter. Sprinkle with panko/cheese mixture and serve.

### DRESSING:

- 1 1/2 tablespoons lemon juice
- 1 tablespoon mayonnaise
- 1 tablespoon worcestershire sauce
- 1 tablespoon mustard, Dijon
- 3 whole garlic cloves, minced
- 3 whole anchovy fillets, rinsed, minced
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 3 tablespoons EVOO

### BRUSSELS SPROUTS:

- 2 pounds Brussels sprouts, trimmed, quartered
- 5 tablespoons EVOO
- Salt and pepper to taste
- 1/4 cup panko crumbs
- 1/2 cup Parmigiano-Reggiano cheese, grated

*Per Serving (excluding unknown items): 312 Calories; 23g Fat (63.5% calories from fat); 8g Protein; 22g Carbohydrate; 7g Dietary Fiber; 3mg Cholesterol; 387mg Sodium; 5g Total Sugars; trace Vitamin D; 103mg Calcium; 3mg Iron; 778mg Potassium; 149mg Phosphorus. Exchanges: 3 1/2 Grain(Starch).*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**