

# BRUSSELS SPROUT CHIPS

## WITH BASIL YOGURT DRESSING

Varying your diet has never been so easy with these crispy baked parmesan brussels sprout chips drizzled with this savory basil yogurt dressing. Loaded with nutrition and deliciousness, enjoy this dish as a crunchy snack during the day or serve at a meal.



### SERVING SIZE

½ cup chips, 1 oz dressing



### YIELD

4 servings



### METHOD

Bake

### Brussels Chips:

- 12 oz Brussels, sprouts, sliced
- 1½ tbsp Olive Oil
- 3 tbsp Parmesan cheese, grated
- ¼ tsp Salt
- ¾ tsp Black pepper

### Dressing:

- 1¼ cup Low-fat plain yogurt
- ¾ tbsp Basil, fresh, diced
- ½ tbsp Lemon juice
- 3 tbsp Cucumbers, diced
- ⅓ tsp Black pepper, ground

1. Preheat oven to 400 degrees. In a large bowl, toss Brussels sprouts with olive oil, parmesan, and garlic powder and season with salt and pepper. Spread in an even layer on a medium baking sheet.
2. Bake for 10 minutes, toss and bake 8-10 minutes more, until crisp and golden.
3. While the Brussels sprouts bake – prepare dressing.
4. Dressing (will make 12 servings, extra): combine yogurt, basil, lemon juice, cucumbers, and black pepper, mix together.
5. Serve dressing drizzled on top of brussels sprouts and enjoy as a side dish or snack!

PER SERVING: 154 CALORIES | 81 CALORIES FROM FAT  
9 GM TOTAL FAT | 2 GM SATURATED FAT | 0 GM TRANS FAT  
8 MG CHOLESTEROL | 733 MG SODIUM | 13 GM CARBOHYDRATE  
3 GM FIBER | 5 GM TOTAL SUGAR | 7 GM PROTEIN





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