

BRUSSELS SPROUTS & CAULIFLOWER

with Herb Farmer's Cheese & Parmesan Crisps

SHOPPING LIST

Serves 6-8

Roasted Vegetables

1 medium head cauliflower, cut into florets

1 lb (4-5 cups) Brussels sprouts, trimmed and halved

1 tsp fresh rosemary, finely chopped

Cooking oil of choice

Salt & pepper to taste

Herb Farmer's Cheese

1 cup farmer's cheese

2 cloves roasted garlic

1-3 tbsp milk, as needed

1 tbsp fresh lemon juice

1 tsp lemon zest

1 tbsp fresh parsley, finely chopped

1 tbsp fresh chives, finely chopped

Toppings

¼ cup sliced almonds

½ cup crushed Parmesan crisps

Healthy holiday eating is all about making room for both nourishment and enjoyment. This tasty vegetable side dish brings together roasted and caramelized Brussels sprouts and cauliflower with creamy herbed farmer's cheese and crunchy Parmesan crisps for a lower carb recipe full of fresh flavors and satisfying textures.

DIRECTIONS

1. **Roast the vegetables and garlic.** Preheat the oven to 425˚F. Add the cauliflower, Brussels sprouts, and 2 unpeeled garlic cloves to a large sheet pan. Toss with oil, rosemary, black pepper, and salt. Spread into an even layer and roast for 25-35 minutes, tossing halfway through, until the vegetables are tender and caramelized and the garlic cloves are soft. Remove from the oven and let cool slightly.
2. **Prepare the herb farmer's cheese.** Once cool enough to handle, squeeze the roasted garlic from its skins. Add the farmer's cheese, roasted garlic, milk, lemon zest, lemon juice to a food processor or high-powered blender. Blend until smooth and creamy. Fold in the parsley and chives.
3. **Assemble and serve.** Spread the herb farmer's cheese onto a large serving platter. Arrange the warm roasted vegetables over the cheese. Finish with toasted sliced almonds and crushed Parmesan crisps just before serving.

A LOWER CARB HOLIDAY SIDE

A lower-carbohydrate, vegetable-forward side adds balance to a holiday plate, especially alongside traditional favorites like potatoes, stuffing, and rolls. Starting your meal with fiber-rich vegetables may help support fullness and moderate the blood sugar response to a meal, while leaving plenty of room to enjoy all the foods that make the holidays special.

Did you know? Pairing carbohydrates with protein, healthy fats, and fiber can help create a more gradual rise in blood sugar after a meal. This recipe brings all three together with farmer's cheese, almonds, Brussels sprouts, and cauliflower.

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