

Air Fryer Brussels Sprouts

Brussel sprouts tossed in parmesan cheese, seasonings and crushed almonds then cooked in the Air Fryer.

Have you jumper on the Air Fryer bandwagon yet? It is an easy way to cook foods in a low fat way. Between the grated parmesan cheese, the grill seasonings and the crushed almonds then air fried, the texture on these is so good. Pair with a lean protein of your choice for a complete meal.

Ingredients

- 1 lb fresh Brussels sprouts
- 1 tsp olive oil
- 1/4 cup grated Parmesan cheese
- 3 tbsp almonds crushed or finely chopped
- 1.5 tbsp grill seasoning such as Montreal Steak



Instructions

- Cut Brussels sprouts in half.
- Fill a medium stockpot with water and add to heat to boil. Once water is boiling, carefully add brussels sprouts and cook for 8 minutes.
- Drain sprouts and move to a large mixing bowl.
- Add oil, grated cheese, seasoning and crushed almonds to the brussels sprouts. Use a spoon to combine until coated.
- Transfer to your air fryer. Cook for 15 minutes at 375 F.
- When cook time completes, remove basket and toss. Serve.

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