



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Brussels Sprout

Creamy Roasted Brussels Sprout Dip

Ingredients:

2 ½ cups Brussels sprouts, ends removed, cut in half
1 large shallot, minced
olive oil
2 cloves garlic, minced
scant 1/2 cup sour cream (light or regular)
4 ounces (1/2 package) 1/3 fat cream cheese
1 cup low-fat shredded mozzarella cheese
1/4 cup grated Parmesan cheese + more for topping
salt and pepper to taste
cracked pepper and chopped parsley (optional)

Directions:

Heat your oven to 375F. Place the brussels sprouts on a parchment lined sheet tray. Drizzle with olive oil then sprinkle with salt and pepper. Bake for about 15-20 minutes. The brussels sprouts should be toasty brown and tender. Remove from the oven to let cool. Sprinkle with more salt and pepper if needed. Once they have cooled completely, roughly chop the brussels sprouts then set aside.

Heat a cast iron or oven-safe skillet over medium heat with 1 tablespoon olive oil. Sauté the shallot for about a minute then add the garlic sautéing for another 30 seconds. Remove from heat.

In a separate bowl blend together the sour cream, cream cheese, mozzarella and parmesan cheese until completely blended. Add Brussels sprouts mixture and shallot with garlic to the bowl and stir until all the ingredients are well combined.

Use additional olive oil to lightly grease the cast iron skillet. Spoon the mixture into the skillet. Bake for 11-13 minutes or until hot and bubbly. Sprinkle with chopped parsley and cracked pepper if you'd like.

*To take this recipe to the next level, try topping with cooked crumbled pancetta.