



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Brussels Sprouts**

### **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  
½ cup sour cream  
4 ounces cream cheese  
1 cup shredded mozzarella cheese  
1 cup whole milk  
¼ 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, slice the brussels sprouts as thinly as possible 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. Mix in the sliced Brussel sprouts. Add in another couple tablespoons of olive oil.

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

Transfer the cast iron skillet to the preheated oven. Bake for about 10 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.