

Crispy Air Fryer Brussels Sprouts with Ranch & Parmesan

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OVEN
350°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 lb fresh Brussels sprouts
- 2 tbsp vegetable oil
- 1 tbsp dry Ranch seasoning
- 1 tbsp grated Parmesan cheese
- $\frac{1}{8}$ tsp kosher salt
- $\frac{1}{8}$ tsp ground black pepper

DIRECTIONS

- 1.** Prep the Sprouts: Trim off stems and remove any damaged outer leaves. Slice the sprouts in half lengthwise.
- 2.** Toss with Oil: In a large bowl, toss the halved Brussels sprouts with vegetable oil until coated evenly.
- 3.** Season: In a small bowl, mix the Ranch seasoning, Parmesan, salt, and pepper. Sprinkle over the sprouts and toss to coat.
- 4.** Air Fry: Place the seasoned Brussels sprouts in a single layer in the air fryer basket. Air fry at 350°F for 12 minutes, shaking the basket halfway through for even cooking.
- 5.** Serve: Remove from the air fryer, plate them up, and dig in while they're hot and crispy.

SWAPS & NOTES

Parmesan Cheese: Feel free to swap in nutritional yeast for a dairy-free version.

Ranch Seasoning: You can use homemade or your favorite store-bought packet.

Oil Options: Avocado oil or olive oil works great, too.

Extra Crunch: Add a tablespoon of panko breadcrumbs if you're feeling bold. ??? Instructions 1.

TIPS FOR SUCCESS

Give the sprouts room to breathe so they crisp up instead of steaming.

Frozen ones won't get that same outer crunch.

Add a squeeze of lemon before serving for a pop of brightness. ?

