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## ROAST LEMON AND PEPPER BRUSSELS SPROUTS WITH PARMESAN

Basic Lifestyle

### Ingredients

1 TBS Splenda  
2 TSP olive oil  
½ TSP Morton's Lite Salt  
2 pounds Brussels sprouts, trimmed and quartered  
cooking spray  
1/4 cup chopped fresh parsley  
2 TSP low-fat butter, softened  
1 TSP freshly ground black pepper  
¾ TSP grated lemon rind  
½ oz. shaved Parmesan cheese

### Instructions

1. Preheat oven to 400°.
2. Combine first 4 ingredients in a large bowl. Toss well. Place Brussels sprouts mixture in a single layer on a jell-roll pan coated with cooking spray. Bake at 400° for 20 minutes or until edges of Brussels sprouts are lightly browned.
3. Combine parsley, butter, pepper and rind, stirring well. Add butter mixture to Brussels sprouts mixture and toss well. Sprinkle with cheese.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = ½ cup = 1 V