



LITTLE BOO BRUSSELS SPROUTS BITES

Total Time (minutes)
17

Difficulty
1

Servings
4

Ingredients
7

Total Prep Time: 5 minutes

Calories Per Serving: 100

NUTRIENTS

Tips

1. Stir in finely chopped parsley, mint or basil to dip if desired.
2. If no fresh garlic available, 1 tsp of garlic powder can be used as substitute.
3. If you don't have any air fryer, you can still get a similar crisp from the oven. Preheat a sheet pan in the oven at 450° and once hot, roast brussels sprouts at the same temperature for 20-25 minutes until deeply browned. Or, roast the brussels sprouts on a wire rack on top of a baking sheet.

INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 10 oz DOLE® Brussels Sprouts, quartered
- 1½ Tbsp olive oil
- 2/3 cup non-fat plain Greek yogurt
- 1½ tsp lemon zest
- 1½ tsp lemon juice
- 1 small clove garlic, minced
- ¼ tsp each salt and pepper

DIRECTIONS

- 1 TOSS together Brussels sprouts and oil until well coated.
- 2 PLACE in air-fryer bowl. Cook on 350°F setting for 12 to 14 minutes or until crispy and golden.
- 3 STIR together yogurt, lemon zest, lemon juice, garlic, oregano, salt and pepper until blended.
- 4 SERVE crispy Brussels sprouts with yogurt dip.

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