

"Killer" Brussels Sprouts

for the cheese sauce

- 1/3 cup whole milk
- 3 tbs sour cream
- 2 ounces cream cheese, cut into small pieces
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 cups shredded sharp Cheddar, plus 1/2 cup for topping the casserole
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder or finely minced garlic

for the sprouts

- enough sprouts to fill 8x8 baking dish one layer deep
- olive oil
- balsamic vinegar
- salt as needed
- pepper as needed

prepping the sprouts

1. trim the ends, discard outer leaves, wash and cut in half. Pat dry with paper towel.
2. place in large bowl with enough oil, salt vinegar and pepper to coat.
3. place in 8x8 baking dish in one layer and bake in oven for 20 minutes at 375 degrees.

prepare the cheese sauce

1. Bring the milk and sour cream to a simmer in a small saucepan, and whisk in the cream cheese and mustard until smooth. Stir in 1 cup of the cheese, salt, pepper and garlic and whisk just until the cheese melts, about 1 to 2 minutes. Remove from heat, pour over the sprouts and spread to cover the whole baking dish.
2. Return to oven at 425 degrees

finish and serve

1. continue to bake cheese and sprouts at 425 degrees for 15 minutes. Then sprinkle remaining cheese over the surface of the dish. Bake until a nice crust forms. (About 10 minutes)
2. Serve AND DONT SWALLOW WRONG!