



Creamy Garlic Parmesan Brussels Sprouts Recipe

A Little Story About Sprouts

My grandson used to hide his Brussels sprouts in his napkin. I still laugh at that. Then I tried roasting them until they were crispy. He tried one and his eyes got wide. He asked for more.

That is the power of a good recipe. It can change your mind about a food. It turns a “yuck” into a “yum.” Have you ever changed your mind about a food you thought you hated?

Why This Dish Matters

This recipe is not just about eating your vegetables. It is about making

them feel special. We take a simple sprout and give it a creamy, cozy blanket.

That is why this matters. Cooking with care turns a meal into a hug. It shows the people at your table that you love them. What is one meal that always makes you feel cozy?

Let's Get Cooking

First, we brown those little sprouts in a hot pan. You will hear them sizzle. Doesn't that smell amazing? That crispy edge is my favorite part.

Then we make the magic sauce. The heavy cream and Parmesan melt together. It gets all bubbly and thick. Stir it gently and watch it turn into something wonderful.

A Fun Fact For You

Fun fact: Brussels sprouts are named after Brussels, a city in Belgium. They have been grown there for hundreds of years. I think that is so neat.

Imagine people in old Belgium eating these little cabbages, just like us. It connects us to cooks from long ago. Food is a wonderful bridge through time.

The Final Touch

Do not forget the last sprinkle of Parmesan on top. That extra cheese makes it look so pretty. We eat with our eyes first, you know.

This is a small step, but it matters. Taking that extra moment shows you care. It turns simple food into a celebration. What is your favorite



“finishing touch” for a meal?



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Ingredients:

Ingredient	Amount	Notes
Extra virgin olive oil	2 tablespoons	
Brussels sprouts	2 pounds	trimmed and halved
Heavy whipping cream	1 ½ cups (357 g)	
Parmesan cheese	½ cup (50 g)	freshly grated, plus more for garnish
Garlic	1 tablespoon	minced
Kosher salt	½ teaspoon	
Black pepper	¼ teaspoon	
Red pepper flakes	¼ teaspoon	optional
Salt	to taste	



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A Little Story About Brussels Sprouts

My grandson used to hide his Brussels sprouts in his napkin. I would pretend not to see. One day, I made him this creamy, garlicky version. He asked for seconds! I still laugh at that.

See also [Baked Zucchini and Cheese Casserole](#)

This recipe turns a shy vegetable into a star. The cream and Parmesan make it so cozy. Doesn't that smell amazing? It is simpler to make than you might think. Let's get our skillet ready.

Step 1: Warm your olive oil in a big pan over medium heat. Add your Brussels sprouts. Let them cook until the edges get a little brown and crispy. This gives them a wonderful nutty flavor.

Step 2: Now, stir in your minced garlic. The smell will fill your whole kitchen. It is just lovely. Cook it for one minute. You do not want the garlic to burn.

Step 3: Turn the heat down to medium-low. Pour in the heavy cream and add the Parmesan, salt, and peppers. Stir it all together. The sauce will slowly get thick and dreamy. (A hard-learned tip: stir often so the cream doesn't separate!).

Step 4: Once the sauce coats the back of your spoon, you are done. Move everything to a pretty dish. Sprinkle a little extra Parmesan on top for a cheesy finish. What's your favorite vegetable to sneak into a creamy sauce? Share below!

Cook Time: 10-12 minutes

Total Time: 15 minutes

Yield: 4-6 servings

Category: Side Dish

Three Tasty Twists to Try

This recipe is like a good friend. It is happy to change things up. Here are a few fun ideas to make it your own. I love trying new versions.

Bacon Lover's Dream: Cook some chopped bacon first. Use the bacon grease to cook your sprouts. Sprinkle the crispy bits on top.

Lemon Zest Zing: Right before serving, add a big squeeze of fresh lemon juice. The bright taste cuts through the rich cream. It is so refreshing.

Herby Freshness: Stir in a handful of chopped parsley or chives with the cream. It adds a pop of green and fresh flavor. It makes the dish look so pretty.

Which one would you try first? Comment below!

See also [Brussels Sprouts with Apples and Almonds Recipe](#)

What to Serve With Your Dish

These creamy sprouts are a wonderful side. They love to sit next to a simple roasted chicken. The juices from the chicken mix so well with the cream sauce. It is pure comfort.

For a lighter meal, serve them over a bowl of fluffy rice. The rice soaks up every last drop of that delicious sauce. A sprinkle of black pepper on top is just perfect.

To drink, a cold glass of apple cider is lovely. The sweetness is a nice match. For the grown-ups, a crisp Chardonnay works beautifully. Which would you choose tonight?



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Keeping Your Sprouts Tasty for Later

Let's talk about saving these creamy sprouts. They keep well in the fridge for three days. Just pop them in a sealed container.

You can freeze them too. The sauce might get a little grainy, but it will still taste wonderful.

I once made a huge batch for a family dinner. We had so much left over, so I froze it for a busy night later.

Reheat them gently on the stove. Add a splash of cream to make the sauce smooth again. This saves you time on a hectic day.

Batch cooking like this matters. It means a good meal is always close by and turns a busy evening into a cozy one.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Kitchen Hiccups

Sometimes our sprouts can be a bit tricky. Do not worry; I have some easy fixes for you.

First, if your sprouts are bitter, you did not cook them long enough. Browning them well brings out their sweet side. I remember when my grandson said he hated sprouts, but he loved them once they were nicely browned.

Second, if your sauce is too thin, just keep cooking. Let it bubble on low heat a bit longer, and it will thicken up nicely.

Third, always grate your own Parmesan cheese. The bagged kind does not melt as well, and this small step makes a big difference in flavor.

Getting these little things right builds your confidence and makes your food taste so much better. You will feel like a real kitchen pro.

Which of these problems have you run into before?

See also [Creamy Hawaiian Macaroni Salad Side Dish](#)

Your Quick Questions, Answered

Q: Is this recipe gluten-free?

A: Yes, it is naturally gluten-free. All the ingredients are safe.

Q: Can I make it ahead of time?

A: You can prepare it a day before. Reheat it gently on the stove.

Q: What can I use instead of heavy cream?

A: You can try half-and-half. The sauce will be a little lighter.

Q: Can I make a smaller portion?

A: Yes, just use half of all the ingredients. It works perfectly.

Q: Are the red pepper flakes important?

A: They are optional. They just add a nice little kick.

Fun fact: Brussels sprouts grow on long, thick stalks!

Which tip will you try first?

Until Next Time, My Friends

I hope you love this recipe as much as I do. It is a cozy, comforting side dish that might even make a sprout lover out of you.

I would be so happy to see your creations. Your kitchen stories always make my day.

Have you tried this recipe? Tag us on Pinterest!

Happy cooking!

—Elowen Thorn.

You need to try !

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Cooking Method: [Stovetop](#)



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Cuisine: [American](#)



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Courses: [Side](#)



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **10 minutes**



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Rest time:



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Total time: **20 minutes**



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Servings: **4 servings**



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Calories:**517 kcal**



Best Season: **Summer**

Description

Creamy, garlicky, and cheesy, these Brussels sprouts are an irresistible

side dish that pairs perfectly with any main course.

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 pounds Brussels sprouts, trimmed and halved
- 1 ½ cups (357 g) heavy whipping cream
- ½ cup (50 g) parmesan cheese, freshly grated, plus more for garnish
- 1 tablespoon garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes, optional
- salt, to taste

Instructions

1. To a large skillet over medium heat, add oil. Once hot, add the Brussels sprouts and cook, stirring occasionally, until they are slightly browned, crispy on the edges, and tender in the middle, about 4–5 minutes. (Depending on the size of the Brussels sprouts, cooking times may vary.)
2. Add the garlic and cook for 1 more minute.
3. Reduce heat to medium-low. Add the heavy cream, Parmesan, salt, pepper, and red pepper flakes (if using). Cook, stirring frequently, until the sauce thickens, about 2–3 minutes.
4. Transfer the Brussels sprouts to a serving dish. Garnish with additional grated Parmesan cheese before serving.

Notes

For a lighter version, you can substitute half-and-half for the heavy cream, though the sauce will be slightly less thick.

Keywords: Brussels Sprouts, Creamy, Garlic, Parmesan, Side Dish