Smothered Brussels sprouts

1$½$ lbs Brussels sprouts, halved
1 cup sharp cheese, grated
¾ cup heavy cream
2 tspns extra-virgin olive oil
1 egg
1 sprig rosemary, minced
1 tspn garlic, power
1 tspn onion power
½ tspn red pepper flakes
salt & pepper, to taste

1. Preheat oven to 400˚ F.
2. Toss brussels sprouts in olive oil and season generously with sail and pepper. Place them on a large baking dish and roast for 15-20 minutes or until semi-softened.
3. In a large bowl, whisk together egg, heavy cream, rosemary, garlic, onion, and red pepper then stir in cheese.
4. Remove brussels sprouts from oven and add to baking dish. Pour cheese mixture over the top and stir everything together.
5. Reduce oven temperature to 350˚, return baking dish to over and bake for 20-25 minutes, or until cheese is bubbling and just set.
6. Remove from oven and let cool 5 minutes before serving.