

Delicious Brussel Sprouts

Brussel Sprouts are very high in nutrients and so good for you!! This recipe will make you love to eat them! Serve them to your picky vegetable eater, add a little more bacon and kids will enjoy eating them too.



COURSE
Appetizer, Side Dish

CUISINE
American



INGREDIENTS

- 1.5 Lbs Fresh Brussel Sprouts cut off the ends
- 4 Tbs Olive Oil
- 1/2 Cup Chopped Onion
- 4 Garlic Cloves minced

INSTRUCTIONS

1. Bring a pan of water to a boil,

Blanch the Brussel Sprouts (boil for 5 minutes, remove from heat and strain, place ice cubes throughout Brussel Sprouts to instantly cool and stop cooking, should be a vibrant green color)

In a sauté pan on the stove heat 4 Tbs. Olive Oil, add 1/2 Cup chopped Onion, 4 Garlic Cloves minced, and cook on low until softened.

When cooled, cut Brussel Sprouts in halves and add to the sauté pan face down.

Cook on Low for 15 minutes, add 2 Tbs. Olive Oil and stir.

Optional, cook Turkey Bacon crisp and chop up, sprinkle on top of sautéed Brussel Sprouts and serve.

NOTES

Shopping List:

1 1/2 Lbs. Fresh Brussel Sprouts, Red Onion, Garlic, Extra Virgin Olive Oil, Sea Salt, Pepper, (Optional Turkey Bacon topping)

Health Comments:

Brussel Sprouts are very high in nutrients, Vitamin K and Antioxidant Kaempferol, with Vitamins B6 & C, Potassium, Iron, Fiber, Folate, Manganese, Magnesium, Thiamin, Phosphorus, this recipe also has the Antioxidant Quercetin, Calcium and Copper.

