

RECIPE



Garlicky Brussels Sprouts Sauté

Healing Foods Cookbook Winter 2011

Even people who don't like Brussels sprouts will eat – and enjoy – this quick dish with tender crunch. Pre-peeled garlic cloves from the produce section make this recipe even easier.

1 lb. Brussels sprouts, ends trimmed
2 T olive oil
12 cloves garlic, peeled and quartered
1 T brown sugar
½ tsp salt
1/8 tsp ground pepper
1 T apple cider vinegar

Place Brussels sprouts in food processor. Pulse 12-15 times, or until shredded. Heat oil in large nonstick skillet over medium-low heat. Add garlic and cook 5-7 minutes, or until light brown. Increase heat to medium-high, and add shredded Brussels sprouts, brown sugar, salt, and pepper. Cook 5 minutes, or until browned, stirring often. Add 1 ½ cups water, and cook 5 minutes more, or until most of liquid is evaporated. Stir in vinegar, and serve immediately.

Makes six servings @ 87 calories, 3 g protein, 5 g fat, 10 g carbs, 0 mg cholesterol, 213 mg sodium, 3 g of fiber