

MOT more of this
LOT less of that

Brussels Sprouts, Sauteed

Brussels Sprouts are with packed fiber, Vitamins K and C. as well as folate, B6 and Omega-3 fatty acids too!

Serves: 4 side dish

Prep and Cook time: 30 minutes

Ingredients

- 1 pound Brussels sprouts trimmed and halved
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon balsamic vinegar or lemon juice
- 1 to 2 tablespoons raw pine nuts or chopped raw walnuts, almonds, or pecans (optional)
- Chopped fresh herbs like parsley (optional)
- A handful of Parmesan, feta, or goat cheese (optional)

Directions

1. Heat a large cast iron over medium high for 4 minutes.
2. Add the oil, when hot and shining add the halved Brussels sprouts.
3. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear. Add the salt and pepper.
4. Stir the Brussels sprouts. Continue cooking, stirring every few minutes, until the Brussels sprouts are browned all over and tender, about 6 to 8 additional minutes.
5. Remove the pan from the heat. Stir in the vinegar, then the pine nuts or almonds. As soon as the nuts are toasted, transfer the sprouts to a serving plate and sprinkle with fresh herbs and cheese if desired. Enjoy hot.

Mary-Beth says: *"If you have never tried Brussels sprouts, this recipe will make you fall in love!"*

Recipe courtesy of [Well Plated](#)