

Balsamic brussels sprouts

Makes 8 servings

Ingredients:

1/4 cup olive oil
2 lbs brussels sprouts, stems trimmed and halved lengthwise
Salt and pepper
1/3 cup water
2 tablespoons balsamic vinegar



In a large skillet, add oil and heat on medium high. Add brussels sprouts with a pinch of salt and pepper. Cook 8-10 minutes or until they begin to brown and caramelize. Add 1/3 cup water and cook until water evaporates.

Remove from heat and add balsamic; toss to coat. Serve warm.

Recipe source: Adapted from Martha Stewart

Modifications: Add additional seasonings like garlic powder or dried Italian herbs. Sub other high heat cooking oil such as avocado oil. Substitute sesame oil for olive and lemon juice for balsamic vinegar.

Nutrition info (per serving): 77 calories, 7g fat, 42mg sodium, 4g carb, 1g fiber, 1g protein. Excellent source of vitamin C.



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