



Sweet Tangy Brussels Sprouts

Makes 2 servings

Ingredients

- 2 teaspoons butter
- 2 cups fresh Brussels sprouts, ends trimmed, yellow leaves removed and cut in half
- 1 ½ tablespoons apple cider vinegar
- 2 tablespoons packed brown sugar
- 2 tablespoons slivered almonds
- salt, to taste*

Directions

1. In a medium skillet, heat butter over medium-high heat. Add Brussels sprouts cut-side down and cook until bottoms are slightly brown (about 5 to 10 minutes).
2. Add vinegar and stir. Cook for another 3 to 5 minutes.
3. Add brown sugar and cook until Brussels sprouts are deep brown and caramelized (sugar has melted evenly over them).
4. Remove from heat. Sprinkle with slivered almonds. Season with salt, if desired.
5. Serve warm.

*Option not included in nutrition facts.



SIDE DISH



TIP

Select Brussels sprouts of the same size to avoid overcooking some sprouts and undercooking others. You'll know they're done when they're tender and slightly crisp.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 cup (123g)
Servings Per Container 2

Amount Per Serving		% Daily Value*	
Calories 180	Calories from Fat 60		
		Total Fat 6g	
			9%
		Saturated Fat 2g	
			10%
		Trans Fat 0g	
		Cholesterol 10mg	
			3%
		Sodium 50mg	
			2%
		Total Carbohydrate 23g	
			8%
		Dietary Fiber 4g	
			16%
		Sugars 16g	
		Protein 4g	
Vitamin A 15%		Vitamin C 120%	
Calcium 6%		Iron 8%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
<small>Calories: 2,000 2,500</small>			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

Recipe contains: nuts

Carb choices per serving: 1 ½