

Easy Balsamic and Brussel Sprouts

This sweet and salty salad has a unique blend of flavors you will love!

Prep time: 20 minutes

Makes: 3 servings

Source: fruitsandveggies.org

Ingredients

- 2 ½ cups Brussels Sprout halves (clean up Brussels sprouts by removing any limp outer leaves, rinse well then cut them in half from top to stem)
- 4 teaspoons extra virgin olive oil
- 1 tablespoon balsamic vinegar , add more if desired
- Pinch of salt, to taste
- Optional - toasted pine nuts, pecan or walnut pieces, sliced/slivered almonds

Directions

1. Add rinsed Brussels sprout halves to microwave-safe covered dish and microwave on HIGH for 3 minutes.
2. Begin to heat a large nonstick skillet over medium heat. Add the olive evenly to the skillet then place Brussel sprout halves, cut side down, over the oiled skillet. Continue to cook until the bottom is nicely browned and crispy (about 4 minutes). Turn off the heat, stir the sprouts then drizzle the balsamic vinegar over the top.
3. Spoon in to the serving dish and sprinkle with a pinch of salt and some toasted nuts if desired.



**Small Changes,
BIG Difference!**



Nutrition Information

| Serving Size: 3/4 cup | |
|-----------------------|--------|
| Nutrients | Amount |
| Calories: | 73 |
| Total Fat: | 2.g |
| Saturated Fat: | 0.g |
| Cholesterol: | 0 mg |
| Sodium: | 0 mg |
| Total Carbohydrates: | 24.g |
| Dietary Fiber: | 1.g |
| Total Sugars: | 2.g |
| Added Sugars: | 0.g |
| Protein | 1.g |

Utensils Needed

- cutting mats
- sharp knives
- measuring spoons
- large bowl
- small bowl
- mixing spoon
- measuring cups

SHOPPING LIST

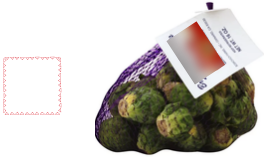
Average total cost without oil and seasonings: \$6.36

Average cost/serving: \$2.12

Recipe makes: 3 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brussel Sprouts, 1 lb. (avg.)



Add 1 to Cart
Walnuts

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips

- For crispy, caramelized Brussel sprouts, cook them in high heat.
- Choose firm, compact, bright green Brussels sprouts heads.