



BRUSSELS SPROUTS & PECANS

INGREDIENTS

1 lb. fresh brussels sprouts
2 tbsp. extra virgin olive oil
Sea salt and fresh pepper to taste
1/8 tsp. fresh nutmeg
1/4 cup raw pecans, halved
1 tbsp. lemon juice

DIRECTIONS

Boil or steam brussels sprouts until just tender (approximately 3 to 4 minutes).

Strain and place in a bowl of ice water to keep color bright green. Cut into halves.

Heat olive oil in a sauté pan on medium high. Add the brussels sprouts and cook for several minutes, until the sprouts have reached the desired level of doneness. Add salt, pepper and nutmeg to taste.

Remove from heat, toss in pecans and lemon juice. Serve and enjoy.

Note: To avoid bitterness, do not overcook brussels sprouts.



CALORIES: 104 • **PROTEIN:** 3 grams • **FIBER:** 3 grams
SERVING SIZE: 1/6 recipe • **SERVES:** 6-8