

DINNER
TONIGHT
SUPERFAST!

20
MINUTES



braised brussels sprouts with mustard and thyme

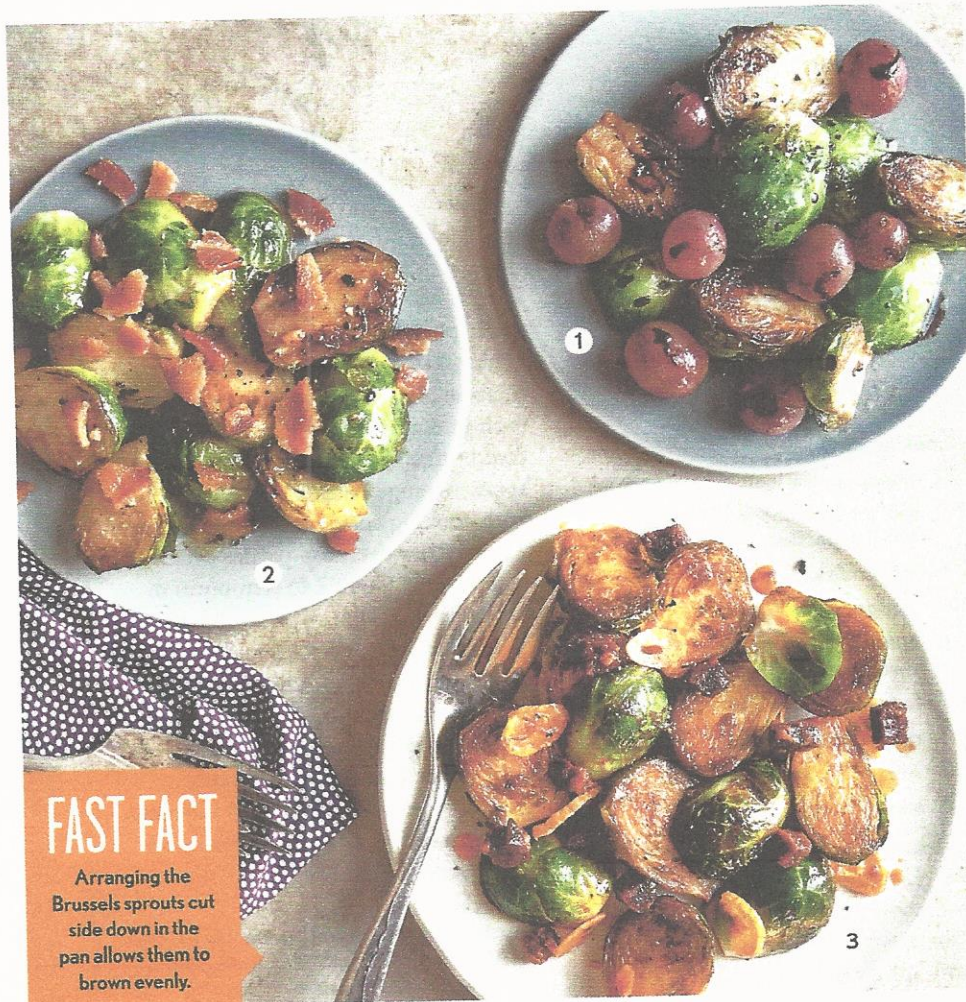
- 1 tablespoon unsalted butter
- 1 pound medium Brussels sprouts, trimmed and halved
- 2 large shallots, thinly sliced
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 6 tablespoons unsalted chicken stock, divided
- 2½ teaspoons Dijon mustard
- 1 teaspoon honey
- 1½ teaspoons chopped fresh thyme

1. Melt butter in a nonstick skillet over medium heat. Add Brussels sprouts to pan, cut side down; cook 2 minutes, without stirring. Add shallots to pan; toss to combine. Cook 2 minutes. Sprinkle with salt and pepper. Add ¼ cup stock to pan; cover partially, and cook 3 minutes or until Brussels sprouts are crisp-tender. Combine remaining 2 tablespoons stock, mustard, and honey in a bowl; stir into sprout mixture. Sprinkle with thyme. Cook 1 minute, stirring well.

SERVES 4 (serving size: ½ cup)

CALORIES 93; FAT 3.2g (sat 1.9g, mono 0.8g, poly 0.3g); **PROTEIN 5g; CARB 14g; FIBER 5g; CHOL 8mg; IRON 2mg; SODIUM 237mg; CALC 56mg**

SPEEDY SPROUTS



FAST FACT

Arranging the Brussels sprouts cut side down in the pan allows them to brown evenly.

1

1 BRAISED BRUSSELS SPROUTS WITH BALSAMIC AND GRAPES

Melt 1 tablespoon unsalted butter in a nonstick skillet over medium heat; add 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 3 minutes, without stirring. Stir in 1 cup seedless red grapes and 1 tablespoon minced garlic; cook 1 minute. Sprinkle with ¾ teaspoon kosher salt and ¼ teaspoon black pepper. Add ¼ cup unsalted chicken stock; cover partially, and cook 3 minutes. Stir in 1 tablespoon balsamic vinegar and 1 tablespoon unsalted chicken stock; simmer 1 minute.

SERVES 4 (serving size: ½ cup)

CALORIES 109; FAT 3.3g (sat 1.9g, mono 0.8g, poly 0.3g); **SODIUM 221mg**

2

2 BRAISED BRUSSELS SPROUTS WITH CIDER AND BACON

Cook 2 slices center-cut bacon in a nonstick skillet over medium heat 5 minutes. Transfer to a plate; discard drippings. Add 4 teaspoons canola oil and 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 2 minutes, without stirring. Stir in ¼ teaspoon kosher salt and ¼ teaspoon black pepper; cook 2 minutes. Add 2 tablespoons unsalted chicken stock and 2 tablespoons apple cider; cover partially, and cook 3 minutes. Crumble bacon over top. Stir in 2 tablespoons apple cider and 1 tablespoon light cream; simmer 1 minute.

SERVES 4 (serving size: ½ cup)

CALORIES 123; FAT 7.7g (sat 1.6g, mono 3.3g, poly 1.5g); **SODIUM 221mg**

3

3 BRAISED BRUSSELS SPROUTS WITH CHORIZO AND GARLIC

Heat 1 teaspoon olive oil in a nonstick skillet over medium heat. Add 1 ounce diced Spanish chorizo; cook 3 minutes, stirring occasionally. Transfer to a plate. Add 1 tablespoon olive oil and 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 3 minutes, without stirring. Stir in 1 tablespoon minced garlic; cook 1 minute. Stir in ½ teaspoon smoked paprika, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper. Add ¼ cup unsalted chicken stock; cover partially, and cook 3 minutes. Stir in chorizo.

SERVES 4 (serving size: ½ cup)

CALORIES 127; FAT 7.6g (sat 1.7g, mono 4.6g, poly 0.9g); **SODIUM 245mg**

