

Side

# Sautéed Brussels Sprouts and Apples

**10 Mins**  
Prep Time

**10-15 Mins**  
Cook Time

**4**  
Servings

☰ **121 Calories** **5g Fat** **20g Carbs** **4g Protein**



## Ingredients

🕒 **20-25 Mins Total Time** 🚫 **Allergens: None**

**3 Tbsp** Extra Virgin Olive Oil 🌿

**1 lb** Brussels Sprouts, trimmed and halved lengthwise 🌿

**1** Medium White Onion, chopped 🌿

**¼ Tsp** Salt

**1** Hard and Crisp Apple, cored and chopped 🌿

**2** Garlic Cloves, thinly sliced 🌿

**2 Tbsp** Apple Cider Vinegar

### Nourishment Note!



#### 🌿 Brussels Sprouts

Brussels sprouts are known as cruciferous vegetables. Cruciferous vegetables are rich in folate and vitamin K. They also contain phytonutrients - plant-based compounds that may help lower the risk of cancer.



#### 🌿 Apple

Apples are fiber-rich foods important for lowering the risk of heart disease and lowering the risk of certain types of cancer.



#### 🌿 Onion

Onions help feed our gut bacteria, promoting a healthy digestive system. Onions are also high in antioxidants to protect healthy cells from damage, and they may help reduce the risk of heart disease.



#### 🌿 Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals, and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's, and dementia.



#### 🌿 Extra Virgin Olive Oil

Extra Virgin Olive Oil contains antioxidants and monounsaturated fats important for lowering inflammation in the body and reducing the risk of heart disease.

## Instructions

### 1. Heat Olive Oil

In a large nonstick skillet, heat the olive oil over medium-high heat.

### 2. Cook Brussels Sprouts

Add Brussels sprouts, onion, and salt, and toss until evenly coated. Cook stirring occasionally, until Brussels sprouts are golden, about 10 minutes.

### 3. Stir In Apple & Garlic

Stir in apple and garlic. Reduce heat to low and cook uncovered, stirring occasionally, until tender, about 10 minutes.

### 4. Toss Mixture in Vinegar & Serve

Remove from heat. Toss Brussels sprouts mixture with apple cider vinegar and serve.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Spoon



Measuring Spoons



Large Skillet

### PD Cooking Tips

**Brussels Sprouts:** Use pre-cut Brussels sprouts.

**Onion:** Look for pre-diced onion in the deli-section of your local grocery.

**Garlic:** Use jarred, minced garlic.