

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 🖤

1/4 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.



#### **(1)** 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 mediumhigh 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

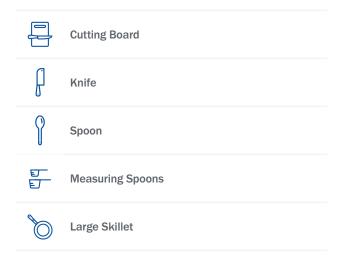
Stir in apple and garlic. Reduce heat to low and cook uncovered, stirring occasionally, until tender, about 10 minutes.

## 4. Toss Mixture in Vinegar & Serve

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

Reciped created by Meijer Specialty Pharmacy Registered Dietitians

# What You'll Need



## **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.