

# Sautéed Brussels Sprouts

- Heather Morrill, Portland Farmers Market

## INGREDIENTS

- 1 lb. Brussels sprouts
- 1 tablespoon olive oil
- Salt and pepper
- 1 garlic clove, minced (optional)

## DIRECTIONS

### *Halved Brussels Sprouts method*

1, Remove from stalk and rinse. Cut off the stalk ends of the Brussels sprouts and pull off any yellow outer leaves. Use a sharp knife and simply cut each sprout in half.

2, In a large skillet over medium-high heat, heat oil. Once hot, add your Brussels sprouts and shake pan so all cut sides of sprouts settle cut side down in a single layer. Cook undisturbed 5 to 7 minutes, until cut sides of sprouts become caramelized.

3, Stir and continue to cook until sprouts have taken on color and become tender, 6 to 8 minutes more. Season with salt and pepper, add garlic if desired. Stir and cook 1 minute longer.

### *Quick thinly-sliced Brussels Sprouts method*

1, Remove from stalk and rinse. Cut off the stalk ends of the Brussels sprouts and pull off any yellow outer leaves. Use a sharp knife (or mandolin) and thinly slice the Brussels sprouts.

2, In a large skillet over medium-high heat, heat oil. Once hot, add your brussels sprouts. Add the Brussels sprouts plus salt and pepper and sauté, stirring occasionally, for 4 to 6 minutes, until crisp-tender and still bright green. Turn off the heat, season with salt and pepper to taste and serve hot.

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