

Brussels Sprouts with Apples & Onions

Give sautéed Brussels sprouts a try! You may be surprised how different they taste from the boiled kind.

Makes: 8 Servings

Ingredients

1 Tablespoon oil, such as
olive oil or vegetable oil
1 cup diced onion
4 cups sliced Brussels sprouts

2 cups diced apple
2 Tablespoons lemon juice
1/2 teaspoon black pepper
Salt, to taste

Instructions

1. **Heat** oil in a large pan over medium heat.
2. **Add** onion. Cook until soft (about 5 minutes).
3. **Add** Brussels sprouts and cook 5 minutes.
4. **Add** the apple and cook 5 - 10 minutes, or until apples are soft.

5. **Remove** from heat. Add lemon juice, pepper and salt. Stir to combine.
6. **Serve** hot and enjoy!

Adapted from
ChopChopFamily.org
For more great recipes,
visit JSYFruitVeggies.org

