

Brussels Sprouts

For People Who Think They Hate Brussels Sprouts

Makes 4 - 1/2 cup servings

What You Need

- 1 pound of Brussels sprouts
- 4 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cloves, garlic



What To Do

- Trim Brussels sprout stems and remove any yellow outer leaves.
- Cut the sprouts in half vertically to create a flat surface needed to achieve caramelization during the cooking process.
- Toss the sprouts in a bowl with 2 tablespoons of extra virgin olive oil, salt and pepper.
- Using the side of a chef's knife, crush the garlic cloves to loosen up the skin then remove it. Thinly slice the garlic.
- Over medium-high heat, preheat a pan large enough to place sprouts in a single layer. Add 2 tablespoons of extra virgin olive oil to the pan.
- Be careful not to overheat the oil or allow to smoke.
- Add the sprouts to the pan in a single layer and sprinkle the garlic on top of the sprouts. Do not stir for the first few minutes to allow the sprouts to caramelize. Resist temptation to move or shake the pan.
- Once the sprouts begin to brown a bit, about 2 minutes, turn them over. Reduce heat down to medium and continue to cook for 3-4 more minutes or until tender.

Variations

To mix it up, consider adding some of these flavor combinations during the last few minutes of cooking until all ingredients are heated through

- *Apple, pecans & thyme*
- *Pine nuts, Parmesan & crushed red pepper*
- *Dried cherries & orange zest*

Nutrition

Serving Size 1/2 cup

Calories 170

Total Fat 14g

Saturated Fat 2g

Sodium 319mg

Carbohydrate 11g

Fiber 4g

Protein 4g

Original recipe by Mike Bacha & Kip Hardy

Grain mustard vinaigrette

Ingredients:

1 tsp Dijon

1 tsp whole grain mustard

2 Tablespoons apple cider vinegar

1/3 cup neutral oil such as vegetable or grapeseed

Instructions:

In a bowl whisk the mustards with vinegar

Slowly add oil

Burgundy Braised Mushrooms & Sweet Potatoes

Ingredients:

1/4 cup olive oil
1 pound mixed mushrooms (e.g. oyster, trumpet, Crimini, Portobello, shitake)
½ tsp Salt
1 large onion, thinly sliced
3 cloves garlic, thinly sliced
2 tablespoons tomato paste
¼ cup Flour
2 cups red wine
2 cups vegetable or mushroom stock
2 bay leaves
¾ cup Farro or barley
1 sweet potato, diced into 1” pieces
2 tsp miso
2 tablespoons parsley
2 tablespoons thyme

Instructions:

Heat oil in large pot over medium heat
Add mushrooms and salt to oil and roast until browned and water is evaporated
Add the onions and garlic – cook until translucent
Stir in tomato paste
Incorporate flour
Add wine and stock and bring to a simmer
Add Farro and sweet potato – cook until tender
Finish with miso and fresh herbs

Cranberry Ginger Shrub

Syrup Ingredients

1 inch cinnamon stick
2 inches fresh ginger root
½ cup fresh cranberries
¾ cup maple syrup
½ cup apple cider vinegar
16 ounces of water

Syrup Instructions

In a saucepan combine cinnamon stick, ginger root, maple syrup, cranberries and water and bring to a simmer over medium heat.

When syrup has cooked for 5- 10 minutes, remove syrup from heat and let cool to room temperature (can be set aside for a few hours to further infuse flavors if you have the time).

Strain cooled syrup into a container.

Cocktail Ingredients

2 Tablespoons - ¼ cup syrup
Ice

Chilled sparkling water

(Optional) cooked cranberries

Cocktail Instructions

Fill a highball or rocks glass with ice

Add ¼ cup syrup

Top with sparkling water