

Savory Brussel Sprouts

You may not know that Brussel Sprouts are just as much in season as squash! Even if you did know, you might go out of your way to avoid these leafy little spheres. Over the years, Brussel Sprouts have garnered an unfair prejudice from most of us. Everybody's got it in their head that these greens are just plain gross. But don't let yourself be fooled!

A well-cooked Brussel Sprout won't have a tough coniferous flavor of raw sprouts or the slimy texture that comes from overcooking. The trick is making sure you add enough salt and oil to your boiling water. Then keep an eye on them to cook the proper amount of time.

These leafy greens will add a healthy, hearty side dish to any holiday gathering.

Savory Brussel Sprouts

2 to 3 pounds Brussel Sprouts

2 large cloves garlic, minced

6 cups water, or enough to cover Brussel Sprouts

1 1/2 to 2 teaspoons salt

3 Tablespoons extra virgin olive oil

Preparation

If some of your Brussel Sprouts are quite a bit larger than the others, cut those in half. This will help with uniform cooking. Bring water to a boil. Add Brussel Sprouts, garlic, salt, and olive oil to the water.

Turn heat down and simmer for 25 to 35 minutes, or until sprouts are tender throughout but not yet mushy.

Serve warm! Makes 6 servings.

Calories: 136

Protein: 5 g

Carbohydrate: 15 g

Fat: 6 g

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently