

# Brussels Sprouts



The best sprouts are bright green with firm, compact leaves. The smaller the head, the tenderer it is. Store in the fridge unwashed in a plastic bag up to 4 days. Before cooking, wash the sprouts, trim off the woody ends, and discard any leaves with blemishes.

Roast them, fry them, or eat them raw, but remember, boiling saps all the natural nutty sweetness and leaves them mushy and a bit bitter.

## **Brussels Sprouts with Pecans and Cranberries**

Serves 6 to 8    Prep: 15 minutes    Cook: 10 minutes

### **Ingredients**

1 pound fresh Brussels sprouts, rinsed and trimmed  
3 ounces coarsely chopped pecans  
3 tablespoons unsalted butter  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground pepper  
4 ounces coarsely chopped dried cranberries

### **Directions**

1. Slice the Brussels sprouts using the thinnest slicing disc of a food processor, or slice thinly with a knife or a mandoline.
2. Set a large sauté pan over medium-high heat and add the pecans. Cook, stirring continually, until the pecans darken in color and begin to give off a toasted aroma, approximately 2 minutes. Add the butter to the pan and stir to combine. Once the butter has melted, add the Brussels sprouts, salt and pepper and cook, stirring continually, until the color brightens and the sprouts are just tender, approximately 6 minutes. Remove the pan from the heat, add the cranberries, toss and serve.