



Sautéed Brussels Sprouts

Servings: 3

Prep Time: 5min

Cook Time: 15min



Ingredients

- 450g Brussels sprouts
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- Juice of 1/2 lemon
- 1 garlic clove, minced

Directions

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