

BRUSSEL SPROUTS WITH TOASTED HAZELNUTS

Cut 3 lbs. of brussel sprouts with an “x” on the bottom of the stem. Place in boiling water, with a bit of salt & sugar until the sprouts turn a bright green and become tender – approx. 5 minutes.

Drain and rinse under cold water and drain again.

Toast $\frac{3}{4}$ cup hazelnuts for 10 minutes or so. Pour into a towel and rub the nuts together until skins fall off easily. Chop.

Return to pan and toast quickly. Add approx $\frac{1}{4}$ cup butter, salt and pepper. Saute for 5 minutes. Sprinkle with lemon juice.

The Nutrition *Edge*

845 N. New Ballas Rd., Suite 200
St. Louis, MO 63141

314.983.4700 ext. 1906

