## RECIPE

# Brussels Sprouts with Apples and Maple Syrup

This fun and sweet way to enjoy brussels is sure to be a hit at your family's dinner table!

Makes: 4 servings Prep Time: 10 Minutes Cook Time: 15-20 Minutes

Source: CCE Chemung County

#### Ingredients

- 2 cups Brussels sprouts, halved
- 1 medium apple, cut in similar size chunks
- 1/2 tablespoon olive oil
- 1 tablespoon butter or margarine
- 1 tablespoon maple syrup

#### **Directions**

- 1. Heat oil and butter in skillet over medium high heat until butter is melted.
- 2. Add Brussels sprouts, cut side down, in a single layer.
- 3. Reduce heat to medium and cook 3-4 minutes until bottoms are lightly browned, then stir to flip Brussels sprouts and cook 3-4 minutes more.
- Add the cut apple and stir often until the apples are slightly soft and some light browning, 4-5 minutes.
- 5. Drizzle with maple syrup and serve.



## Small Changes, BIG Difference!



#### Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	100
Total Fat:	<u>5 g</u>
Saturated Fat:	<u>2 g</u>
Cholesterol:	<u>10 mg</u>
Sodium:	<u>10 mg</u>
Total Carbohydrates:	<u>14 g</u>
Dietary Fiber:	<u>3 g</u>
Total Sugars:	<u>9 g</u>
Added Sugars:	<u>3 g</u>
Protein	<u>2 g</u>

#### **Utensils Needed**

- · Medium skillet
- · Cutting board
- Sharp knife
- Mixing spoon



### **SHOPPING LIST**

Average total cost without oil and seasonings: \$4.37 Average cost/serving: \$1.09

**Recipe makes: 4 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### Ingredients



Add 1 to Cart 1/2 lb Brussels Sprouts



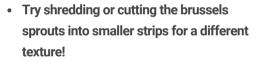
Add 1 to Cart 1 Bottle Maple Syrup



Add 1 to Cart 1 Medium Apple

## SAVE TIME, SAVE MONEY

#### **Cooking Tips**



• Dried cranberries also make a great addition to this recipe!

**My Cooking Notes** 

