

# 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.
4. 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:	5 g
Saturated Fat:	2 g
Cholesterol:	10 mg
Sodium:	10 mg
Total Carbohydrates:	14 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	3 g
Protein	2 g

## 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

## My Cooking Notes

### Cooking Tips

- Try shredding or cutting the brussels sprouts into smaller strips for a different texture!
- Dried cranberries also make a great addition to this recipe!