

# Brussels Sprouts with Apples and Onions

This dish is a creative way to use delicious NYS apples during autumn. Give sautéed Brussels sprouts a try. They're quite different than boiled! Brussels sprouts are an excellent source of vitamin C that helps our bodies fight infection.

Makes: 8 servings  
 Prep Time: 5 minutes  
 Cook Time: 20 minutes

Source: [jsyfruitveggies.org](http://jsyfruitveggies.org)

## Ingredients

- 1 tablespoon vegetable oil
- 1 cup diced onion
- 4 cups sliced Brussels sprouts
- 2 cups diced apple
- 4 tablespoons lemon juice
- 1 teaspoon black pepper
- Salt, to taste

## Directions

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts and cook for 5 minutes, stirring often.
4. Add the apple and cook for 5-10 minutes, or until the apples are soft.
5. Remove from heat. Add lemon juice, pepper, and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 2/3 cup	
Nutrients	Amount
Calories:	60
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	50mg
Total Carbohydrates:	11g
Dietary Fiber:	3g
Total Sugars:	5g
Added Sugars:	0g
Protein	2g

## Utensils Needed

- Cutting board and a sharp knife
- Measuring spoons and cups
- Large pan and spatula
- Serving bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.45

Average cost/serving: \$0.68

**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  
Medium Onion



Add 1 to Cart  
Large Apple



Add 1 to Cart  
Frozen or Fresh Brussels Sprouts  
(32 oz or 2 pounds)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips: Brussels Sprouts

- Frozen Brussels sprouts are easy to keep on hand and might cost less at some times of the year.
- Brussels sprouts may be the lowest cost and best quality from October to December.
- Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but the quality is best when used soon after purchasing.
- Wash under cool running water and trim just before using:
  - Remove outer leaves.
  - Trim stem even with the bottom leaves.
  - Leave whole, cut in halves or quarters, or shred.