

## Lemon Dill Brussels Sprouts

Sample this tangy dressing on freshly sautéed Brussels sprouts!

Makes: 4 Servings  
Prep Time: 15 minutes  
Cook Time: 10 minutes

Source: Modified from a FoodHero.org recipe

### Ingredients

- 1 cup Greek yogurt
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1 pound (2 cups) Brussels sprouts (trimmed and halved lengthwise)
- 2 teaspoons margarine or butter
- 1/4 cup water

### Directions

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large skillet over medium-high heat, sauté sprouts (cut side down) in margarine until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3 to 5 minutes.
4. Mix sprouts with lemon dill sauce. Serve warm.
5. Refrigerate leftovers within 2 hours.

### Utensils Needed

- Small bowl
- Large skillet
- Cutting board
- Sharp knife
- Measuring cups and spoons



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
<b>Calories:</b>	<b>60</b>
<b>Total Fat:</b>	<b>2 g</b>
Saturated Fat:	0.5 g
<b>Cholesterol:</b>	<b>0 mg</b>
<b>Sodium:</b>	<b>190 mg</b>
<b>Total Carbohydrates:</b>	<b>6 g</b>
Dietary Fiber:	2 g
Total Sugars:	2 g
<b>Protein</b>	<b>5 g</b>
Vitamins	% Daily Values
<b>Vitamin A</b>	<b>10%</b>
<b>Vitamin C</b>	<b>80%</b>
<b>Iron</b>	<b>6%</b>
<b>Calcium</b>	<b>6%</b>

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.81

Average cost/serving: \$1.95

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 2 to Cart  
Brussels Sprouts



Add 2 to Cart  
Plain Greek Yogurt (5.3 oz)



Add 1 to Cart  
Lemon

## SAVE TIME, SAVE MONEY

### Produce & Preparation Tips

- Choose fresh Brussels Sprouts that are firm, compact, and have bright green heads.
- Buy Brussels Sprouts on a stalk when possible.
- Refrigerate Brussels Sprouts up to 1 week in a bag.
- Brussels sprouts may be lowest cost and best quality from October to December.

### My Cooking Notes

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