

# Brussels Sprouts with Mushroom Sauce

This side dish is delicious when made with brussels sprouts, and you could also make it with broccoli, cabbage, kale, collards, or turnips. Cooking time may vary for different types of vegetables.

Makes: 2 servings

Prep Time: 5 minutes

Cook Time: approximately 25 minutes

Source: [choosemyplate.gov](http://choosemyplate.gov) recipes - brussels sprouts mushroom sauce

## Ingredients

- 1/2 pound brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
- 1/2 cup chicken broth, low-sodium
- 1 teaspoon lemon juice
- 1 teaspoon brown mustard (spicy)
- 1/2 teaspoon thyme (dried)
- 1/2 cup mushroom (sliced)

## Directions

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 of recipe	
Nutrients	Amount
Calories:	54
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	69 mg
Total Carbohydrates:	10 g
Dietary Fiber:	4 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	5 g

## Utensils Needed

- Pot
- Sharp knife
- Cutting board
- Measuring cups and spoons

# SHOPPING LIST

Average total cost: \$7.15

Average cost/serving: \$3.57

Recipe makes: 2 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  
Brown Mustard (12 oz avg)



Add 1 to Cart  
Chicken Broth (32 oz avg)



Add 1 to Cart  
1 Pack Mushrooms (10 oz avg)



Add 1 to Cart  
Lemon

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips:

- Refrigerate Brussels sprouts in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but quality is best when used soon.
- 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.