

Sautéed Brussels Sprouts



Ingredients

- 1 tablespoon canola oil
- 2 teaspoons minced garlic
- 1/4 onion, chopped
- 1 pound Brussels sprouts, washed and dried
- Salt and pepper
- Garlic powder

Instructions:

1. Heat oil in a skillet over medium heat.
2. Add garlic and cook about 3 minutes
3. Stir onions and cook until soft, about 5 minutes.
4. Add Brussels sprouts to the skillet and cook without stirring, until undersides are golden-brown, about 5 minutes.
5. Turn sprouts and follow same cooking procedure until all sides are browned.
6. Season with salt, pepper, and garlic powder, if desired.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>