

STIR-FRIED BRUSSEL SPROUTS (you heard right)

Shredding the brussel sprouts reduces cooking time and gives them a new look.

6 cups brussel sprouts (approx 750 g)
2 T extra-virgin olive oil or canola oil
2 t mustard seeds
1 clove garlic, minced
¼ t each salt and pepper
Pinch granulated sugar (I use Splenda)
2 t lemon juice

Trim the brussel sprouts.

Holding by the stem end, thinly slice with mandolin slicer or by hand.

Place in bowl; toss to separate layers.

(Make ahead: cover and refrigerate for up to 24 hours)

In large skillet, heat oil over medium heat; cook mustard seeds until beginning to pop (1 minute).

Add garlic; cook for 1 minute.

Add brussel sprouts, salt, pepper and sugar; stirring until tender-crisp (8 minutes).

Toss with lemon juice.

Make 6 servings.

Per serving: 90 cal; 3 g protein; 5 g total fat (1 g sat fat); 10 g carb; 4 g fibre; 0 mg chol; 119 mg sodium
RDI: 4% calcium; 11% iron; 8% vit A; 117% vit C; 31% folate