Lemony Brussels Sprouts
Makes 1/2 cup servings

Ingredients:
1 tablespoon canola oil
1 teaspoon butter or margarine
1/2 cup diced onion
1 teaspoon chopped thyme
2 teaspoons minced garlic
1 pound Brussels sprouts, halved
1/8 teaspoon salt
1/8 teaspoon ground pepper
2-4 tablespoons water
2 teaspoon balsamic vinegar
1 teaspoon lemon zest*

Directions:
1. Melt butter and oil in a large skillet over medium-high heat. Add onions and thyme; cook until onions are slightly brown. Add garlic and cook 30 seconds.
2. Add Brussels sprouts, salt, pepper and water. Cover and cook until tender, about 4-5 minutes. Stir in vinegar and sprinkle with lemon zest.

Recipe note: The zest of a lemon is the yellow outer skin. Use a zester or finely chop the zest.

Nutritional Information per serving:
Calories: 97 Carbohydrates: 12g
Total Fat: 4g Cholesterol: 5mg
Saturated Fat: 1g Dietary Fiber: 5g
Sodium: 101mg Protein: 4g

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