

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Lemony Brussels Sprouts
Makes 1/2 cup) servings**

Ingredients:

- 1 tablespoon canola oil
- 1 teaspoon butter or margarine
- ½ 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

Recipe by Tracey Burg, RD