

Taste of Home

Brussels Sprouts with Garlic



★★★★☆

These Brussels sprouts are special enough for company—I like to serve them for Thanksgiving dinner. If you can't find fresh sprouts, try using the frozen one. —Myra Innes, Auburn, Kansas

TOTAL TIME: Prep/Total Time: 30 min.**YIELD:** 6 servings.

Ingredients

1-1/2 pounds fresh Brussels sprouts

2 teaspoons olive oil

3 teaspoons butter, divided

4 garlic cloves, chopped

1/2 cup reduced-sodium chicken broth

1/4 teaspoon salt

1/8 teaspoon pepper

Directions

1. Trim Brussels sprout stems. Using a paring knife, cut an "X" in the bottom of each.
2. In a large saucepan, heat oil and 1 teaspoon butter over medium heat. Add garlic; cook and stir 1-2 minutes or until garlic begins to color. Immediately add Brussels sprouts, stirring to coat.
3. Stir in broth, salt and pepper; bring to a boil. Reduce heat; simmer, covered, 8-10 minutes or until Brussels sprouts are tender. Drain. Add remaining butter; toss to coat.

Nutrition Facts

2/3 cup: 78 calories, 4g fat (1g saturated fat), 5mg cholesterol, 187mg sodium, 10g carbohydrate (2g sugars, 4g fiber), 4g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

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