



Sweet and Spicy Brussels Sprouts

Honey and chili add a kick of unexpected flavor to the notably earthy, bitter flavor of Brussels sprouts in this recipe.



INGREDIENTS

- 1/2 cup California walnuts, coarsely chopped
- 2 tablespoons vegetable oil
- 1 pound Brussels sprouts, small, trimmed and halved
- 1 teaspoon ginger, fresh, grated
- 1/4 cup vegetable broth
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1 teaspoon chili garlic sauce
- 1 teaspoon soy sauce

DIRECTIONS

1. Place walnuts in a large skillet set over medium heat. Cook for 5 minutes or until toasted and fragrant, stirring frequently. Remove from skillet and set aside.
2. Heat oil in same skillet over medium-high heat. Add Brussels sprouts and ginger and cook for 5 minutes or until sprouts are lightly browned, stirring frequently.
3. Add remaining ingredients and reduce heat to low. Cook for 5 to 10 minutes more (depending on size) or until sprouts are tender and nicely glazed with sauce. Toss with walnuts.

Heart-Checked certification does not apply to all recipes or information unless expressly stated.

TOTAL TIME	25 MINS
COOK TIME	15 MINS
ACTIVE TIME	10 MINS
SERVES	5 PEOPLE
MEAL	DINNER
COURSE	SIDE
NUTRITION	180 CALORIES
FAT	14g
SATURATED FAT	1.5g
MONOUNSATURATED FAT	2.5g
POLYUNSATURATED FAT	9g
CHOLESTEROL	0mg
SODIUM	75mg
CARBOHYDRATES	13g
DIETARY FIBER	4g
PROTEIN	4g