

# Caramelized Brussels Sprouts

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## **Servings: 4**

*2 tablespoons olive oil  
1 pound Brussels sprouts,  
root end removed, halved  
lengthwise  
3/4 teaspoon Kosher salt  
2 tablespoons unsalted  
butter  
1 large shallot, thinly sliced  
3 cloves garlic, thinly sliced  
1 tablespoon sherry vinegar  
1 tablespoon honey*

Add the oil to a large saute' pan. Swirl to coat. Arrange the Brussels sprouts in a single layer in the pan, cut side down. Sprinkle with salt. Place butter on top of the sprouts. Increase the heat to medium-high. Cook the sprouts for 7 to 9 minutes or until the cut sides are very brown.

Stir in the shallot and garlic. Cook 1 to 2 minutes more or until the shallots soften.

Remove the pan from the heat. Stir in the vinegar and honey.

Serve.

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Per Serving (excluding unknown items): 176 Calories; 13g Fat (60.7% calories from fat); 4g Protein; 15g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 380mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.