

## **Garlic Brussels Sprouts**

Myra Innes - Auburn, KS

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**Servings: 6**

**Start to Finish Time: 30 minutes**

**1 1/2 pounds fresh Brussels sprouts**

**4 cloves garlic, chopped**

**2 tablespoons olive oil**

**3 teaspoons butter, divided**

**1/2 cup reduced-sodium chicken broth**

**1/4 teaspoon salt**

**1/8 teaspoon pepper**

Trim the Brussels sprouts and cut an X in the core end of each. Set aside.

In a large saucepan, saute' the garlic in oil and one teaspoon of butter for 2 to 3 minutes or until golden brown.

Add the reserved Brussels sprouts. Toss to coat.

Stir in the broth, salt and pepper. Bring to a boil.

Reduce the heat. Cover and simmer for 8 to 10 minutes or until tender. Drain.

Add the remaining butter and toss until melted.

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Per Serving (excluding unknown items): 60 Calories; 6g Fat (94.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fat.