
Warm Brussels Sprouts and Pistachio Saute`

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Servings: 6

Start to Finish Time: 15 minutes

12 ounces fresh Brussels sprouts

1/2 cup roasted pistachio kernels

2 tablespoons olive oil

1 bag (12 ounce) sweet kale salad kit

1/2 cup pomegranate arils

Trim the root ends from the sprouts and slice. Slice and finely chop the pistachios.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the oil and sprouts into the pan. Cook for 4 to 5 minutes, stirring occasionally, or until browned and crisp-tender. Stir in the vegetables from the salad kit. Cook for 1 minute more to the warm salad kit vegetables. Remove from the heat.

Add the fruit and nut mix and the dressing from the salad kit. Toss to coat. Place the vegetable mixture on a serving platter. Sprinkle with the pistachios and arils.

Serve.

Side Dishes

Per Serving (excluding unknown items): 40 Calories; 5g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1 Fat.