




Pan Braised Brussels Sprouts

Makes 8 to 10 servings.

You can prep Brussels Sprouts two ways; always start by cutting off any brown bottoms. One way is to cut the sprouts in half or quarters, depending on their size. All the pieces should be the same size, so they cook evenly. You can also shred the sprouts in a food processor, fitting with the slicing blade at the top. If you shred them, cut cooking time by almost half. Regardless, after you close the lid, check the sprouts at 3-minute intervals and stop cooking when they are soft, but still retain their bright green color. It's ok if they still have a little crunch at the center.

This is a simple recipe that is best made at the last minute. If you make them ahead and then reheat, the poor sprouts will turn grey and mushy, which is why many people don't like them.

Ingredients	Directions
<p>1 lb fresh Brussels sprouts 3 TBSP canola oil 6 to 8 oz peeled, roasted chestnuts, usually found in a foil bag package 1 C vegetable broth 2 TBSP Dijon style mustard 2 TBSP whole seed mustard Salt and pepper to taste, usually more pepper than salt</p> 	<ol style="list-style-type: none">1. In a large non-stick skillet over high heat, heat the oil and brown the sprouts for 5 to 7 minutes, until most of them have one side that is quite brown and they smell toasty. Shake the pan often and keep an eye on them.2. Add broth, mustard, and chestnuts; turn burner to low and cover skillet.3. Cook for 5 to 10 minutes, checking them every few minutes to make sure they retain their bright green color.4. Season with salt & pepper. Serve hot.