
Waukesha County
UW Extension

Farmers Market Fresh

Sautéed Brussels Sprouts with Pecans

Ingredients:

Serves 6

- 1/4 cup shelled pecans – toasted & sliced
- 1 1/2 pounds Brussels sprouts (quartered)
- 4 tablespoons butter
- 1 tablespoon olive oil
- 1 small yellow onion (peeled and chopped)
- 2 garlic cloves (chopped fine)
- Fresh ground black pepper and salt (to taste)



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Directions:

1. Steam Brussels sprouts until crisp tender.
2. Heat butter and oil together in a large heavy bottomed skillet over medium high heat. Add onions and sauté (stirring often) until golden, about 5 minutes.
3. Add garlic and Brussels sprouts and sauté (stirring often) until Brussels sprouts are golden brown in spots, about 5 minutes.
4. Add pecans and season to taste with salt & pepper.

This recipe was modified from Oregon State University Extension.

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