



SmartMeal

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Ingredients	Quantity	Substitute Ingredients
black pepper	0.25 teaspoons	Substitutes for black pepper (0)
brussels sprouts	800.0 grams	Substitutes for brussels sprouts (1)
dijon mustard	1.0 teaspoon	Substitutes for dijon mustard (2)
honey	0.5 teaspoons	Substitutes for honey (3)
olive oil	3.0 Tbs	Substitutes for olive oil (4)
red wine vinegar	2.0 Tbs	Substitutes for red wine vinegar (5)
walnuts	0.25 grams	Substitutes for walnuts (6)

Instructions

Blanch the Brussels sprouts in boiling water for 6-8 minutes or in a microwave oven in a little water for about 4 minutes. Drain. Saute the Brussels sprouts, stirring constantly, until they become golden-brown in color. Meanwhile mix the vinegar, mustard, honey and olive oil. Add walnuts to the sprouts, stir and combine. Pour the vinegar dressing over the sprouts, season with pepper. Mix and combine so that each sprout is covered with the dressing. Serve warm or cold as a side dish.