

MAPLESHORES HEALTH CENTRE

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Pecan Brussels Sprouts

Vegan, gluten-free, grain-free, refined sugar-free, dairy-free

Ingredients:

4 cups Brussels sprouts
1 large shallot
2 cups water
2 teaspoons dried parsley
1/4 sunflower oil
1/2 cup chopped pecans
1 teaspoon sea salt
1 teaspoon ground pepper

Directions:

1. Cut the hard ends off the Brussels sprouts
2. In food processor; shred the Brussels sprouts and shallots
3. Put the processed Brussels sprouts, shallots and water in a large sauté pan, cover and cook over high heat for 5 minutes or until the Brussels sprouts are tender and the water is gone
4. Stir sunflower oil, parsley, pecans, salt and pepper. Cover and simmer over low heat for 10 minutes.