

Brussels Sprouts with Orange Dressing

NutritionAction, 2013



This is a fabulous change-up for Brussels sprouts – no need for butter or creamy coverings.

Ingredients:

- ½ cup orange juice
- 1 tsp. orange zest
- 2 Tbs. canola oil
- 1 cup thinly sliced shallots or red onions
- 1 lb. brussels sprouts, trimmed and sliced
- freshly ground black pepper
- ¼ tsp. kosher salt

Directions:

1. In a small pot, simmer the orange juice until reduced to 2 Tbs. Remove from the heat and mix in the orange zest.
2. In a medium sauté pan, heat the oil over medium heat. Sauté the shallots until golden brown, 2-3 minutes.
3. Steam the brussels sprouts until they are tender but still bright green, 3-5 minutes. Allow the brussels sprouts to cool slightly, then toss with the orange reduction and shallots. Season with pepper and up to ¼ tsp. of salt.

Serves 4

Nutrition Information:

Per serving (1 cup)—

Calories: 150

Sodium: 150 mg

Total Fat: 7 g

Saturated Fat: 0.5 g

Carbohydrates: 20 g

Protein: 5 g

Fiber: 6 g