
Blistered Brussels Sprouts

The Essential Southern Living Cookbook

Servings: 4

Start to Finish Time: 15 minutes

3 tablespoons canola oil

1 pound fresh Brussels sprouts, trimmed and cut in half lengthwise

3/4 teaspoon Kosher salt

1 tablespoon honey

1 tablespoon hot water

1 tablespoon minced garlic

1 tablespoon soy sauce

1/4 teaspoon crushed red pepper

1/2 cup torn fresh mint leaves

Heat a twelve-inch cast-iron skillet over medium-high heat for 5 minutes. Add oil to the skillet, and tilt the skillet to evenly coat the bottom. Place the Brussels sprouts, cut side down, in a single layer in the skillet. Cook, without stirring, for 4 minutes or until browned. Sprinkle with salt. Cook and stir for 2 minutes.

In a small bowl, stir together the honey and hot water. In a bowl, stir together the garlic, soy sauce, crushed red pepper and the honey mixture. Stir into the Brussels sprouts. Stir in the mint.

Side Dishes

Per Serving (excluding unknown items): 112 Calories; 10g Fat (79.8% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 610mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.