
Brussels Sprouts and Artichokes

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 package (10 ounce) frozen brussels sprouts

1/2 cup water

1 can (14 ounce) artichoke hearts, drained

2/3 cup mayonnaise

1/2 teaspoon salt

1/4 cup grated Parmesan cheese

1/4 cup butter

2 teaspoons lemon juice

1/4 cup sliced almonds

In a saucepan, cook the brussels sprouts in water just until tender. Drain.

Arrange the sprouts and artichokes in a greased one quart casserole.

In a bowl, combine the mayonnaise, salt, Parmesan cheese, butter and lemon juice. Mix well. Spoon the mixture over the vegetables. Sprinkle the almonds over the top.

Bake, uncovered, at 425 degrees for 8 to 10 minutes.

Side Dishes

Per Serving (excluding unknown items): 305 Calories; 32g Fat (90.0% calories from fat); 4g Protein; 4g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 471mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat.