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# Brussels Sprouts with Water Chestnuts

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

Servings: 4

**1 1/2 cups canned water chestnuts or 1/2 pound fresh water chestnuts**

**2 tablespoons butter, melted**

**1/2 teaspoon Season-All**

**1/8 teaspoon savory**

**1/4 teaspoon basil leaves, crushed**

**dash nutmeg**

**1/2 cup water**

**1 1/2 teaspoons chicken seasoned stock base**

**1/4 teaspoon pepper**

**1 package (10 ounce) frozen brussels sprouts**

Drain the water chestnuts and place in a shallow pan. Cover with a mixture of butter, Season-All, savory, basil leaves and nutmeg.

Add water, seasoned stock base and pepper to the brussels sprouts.

Cook for 10 minutes or until tender. Drain.

Carefully toss together the chestnuts and brussels sprouts. Serve hot.

## **Side Dishes**

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*Per Serving (excluding unknown items): 60 Calories; 6g Fat (82.7% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.*