
Brussels Sprouts

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

pearl onions, frozen

3 tablespoons butter

2 packages (10 ounce ea) Brussels sprouts , frozen (you also can use fresh)

1/3 cup pure maple syrup

1/4 cup walnuts, chopped and toasted

Cook the onions, Brussels sprouts and the butter. When cooked, add the maple syrup. Cook for 2 minutes more.

Add the walnuts just before serving.

Side Dishes

Per Serving (excluding unknown items): 495 Calories; 52g Fat (90.9% calories from fat); 8g Protein; 4g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 352mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 10 Fat.