

Lemon Brussels Sprouts

Publix Aprons
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Servings: 6

16 ounces fresh Brussels sprouts,
halved
2 shallots, thinly sliced
2 (1/2 cup) lemons (for juice)
1 tablespoon Publix Lemon-Herb
Finishing Butter, divided
1/4 cup pine nuts
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
1 tablespoon lightly-dried parsley,
finely chopped
1/3 cup Caesar Parmigiano yogurt
dressing
1/4 cup Parmesan cheese, shaved

Remove the stem end from the Brussels sprouts. Cut each in half. Slice the shallots. Squeeze the lemons for the juice.

Preheat a large saute' pan on medium for 1 to 2 minutes. Place two tablespoons of butter in the pan. Add the Brussels sprouts, flat side down. Cook for 1 to 2 minutes or until golden.

Add the shallots. Cook for 2 to 3 more minutes, stirring occasionally, until the Brussels sprouts are tender when pierced with a fork.

Reduce the heat to low. Add the lemon juice, remaining butter, pine nuts, salt and pepper. Cook for 1 to 2 minutes or until the butter melts and the lemon juice evaporates.

Remove the pan from the heat. Stir in the dressing, parsley and Parmesan until blended. Serve.

Per Serving (excluding unknown items): 50 Calories; 4g Fat (66.7% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 219mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	50	Vitamin B6 (mg):	trace
% Calories from Fat:	66.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	11.7%	Thiamin B1 (mg):	trace

% Calories from Protein:	21.6%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	3mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	219mg
Potassium (mg):	50mg
Calcium (mg):	49mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	441IU
Vitamin A (r.e.):	49RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	50	Calories from Fat: 33
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% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	3mg	1%
Sodium	219mg	9%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	3g	
Vitamin A		9%
Vitamin C		1%
Calcium		5%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.