

# Pan-Roasted Brussels Sprouts with Chorizo and Toasted Bread Crumbs

*Katie Workman - Associated Press  
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## **Servings: 6**

*2 ounces (1/2 cup) Spanish chorizo  
sausage, diced  
5 tablespoons extra-virgin olive oil,  
divided  
2/3 cup coarse fresh breadcrumbs  
Kosher salt (to taste)  
freshly ground pepper (to taste)  
1 teaspoon minced garlic, divided  
2 pounds Brussels sprouts, trimmed  
and halved  
3 tablespoons chicken broth*

Over medium heat, heat a large, deep skillet. Add the chorizo and saute' for 2 minutes over medium-high heat, until it starts to brown and release some of its oils. Remove the chorizo with a slotted spoon to a plate.

Add the breadcrumbs. Season with salt and pepper. Toast, stirring frequently, until the breadcrumbs are a light, golden brown, about 4 minutes. Add one-half of the garlic. Cook and stir for 1 more minute, until you can smell the garlic. Use a slotted spoon to transfer the toasted crumbs to a paper towel-lined plate. Wipe out the skillet and return to the heat.

Add the remaining two tablespoons of the olive oil to the pan. Heat over medium-high heat. Add the Brussels sprouts. Cook, stirring only occasionally, until they begin to become tender and lightly browned in spots, about 6 minutes. Add the remaining garlic and saute' for another 30 seconds, until you can smell the garlic.

Add the broth. Cover the pan and cook for another 4 minutes until the Brussels sprouts are tender (but not soft). Uncover the pan. Saute for 1 more minute until most of the liquid is evaporated. Stir in the chorizo. Turn the mixture into a serving dish.

Sprinkle the bread crumbs on top. Serve hot or warm.

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Per Serving (excluding unknown items): 160 Calories; 12g Fat (60.5% calories from fat); 5g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 58mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat.