

Saute'ed Brussels Sprouts and Butter

Publix Aprons

*1 pound Brussels sprouts, trimmed
3 tablespoons unsalted butter, divided
5 ounces matchstick carrots
1/4 teaspoon salt
1/4 teaspoon pepper*

Cut the Brussels sprouts into quarters.

Preheat a large saute' pan on medium-high for 2 to 3 minutes.

Place the sprouts, two tablespoons of butter and the carrots in the pan. Cook and stir for 2 to 3 minutes.

Reduce the heat to medium. Cover. Cook for 6 to 7 minutes or until tender.

Season with salt and pepper. Toss to coat with the remaining butter.

Per Serving (excluding unknown items): 482 Calories; 36g Fat (61.0% calories from fat); 14g Protein; 37g Carbohydrate; 16g Dietary Fiber; 93mg Cholesterol; 640mg Sodium. Exchanges: 0 Grain(Starch); 7 Vegetable; 7 Fat.