
Saute'ed Potatoes and Brussels Sprouts

Linda Gassenheimer - McClatchy News Service
Palm Beach Post

Servings: 2

3/4 pound (about 2 1/2 cups) Brussels sprouts

3/4 pound (about 2 1/2 cups) yellow potatoes, washed and cut into 1-inch pieces

1 cup fat-free, low-salt chicken broth

2 teaspoons olive oil

salt

freshly ground pepper

Trim about 1/4-inch off the base of the Brussels sprouts and removed any bruised outer leaves. Cut them in half.

Wash the potatoes. Do not peel. Cut into 1-inch pieces.

In a large nonstick skillet, add the potatoes and Brussels sprouts.

Add the chicken broth. Cover with a lid and simmer over medium-high heat for 5 to 7 minutes or until the potatoes are soft. Add water if the pan becomes dry.

Remove the cover and add the olive oil, salt and pepper to taste.

Toss well.

Per Serving (excluding unknown items): 43 Calories; 5g Fat (92.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 1 Fat.