

# Shaved Brussels Sprouts with a Honey Mustard Slurry

*My concoction, inspired by some leftover honey mustard made for baked salmon.*



## **Servings: 3**

1. Heat a large saute pan over medium heat; add oil and allow it to heat until the oil begins to shimmer.
2. Add the onion and saute for a few minutes, until the onion is translucent. Add the garlic and stir very briefly (no more than 45 seconds or so) then add the Brussels sprouts and stir well, continuing to turn and stir until all the vegetables have been coated with a little bit of the oil. Turn heat down to medium and continue cooking for 3-5 minutes until the sprouts are cooked just barely tender.
3. Meanwhile, combine the mustard, melted butter and honey in a small bowl. Add salt and pepper. Add water and stir to make a slurry. During last minute of cooking the sprouts, add the slurry and continue cooking, stirring to make sure all the sprouts are coated. Allow sprouts to simmer and steam until most of the liquid has evaporated. Taste for seasoning and serve immediately.

- 1 tablespoon canola oil, or EVOO**
- 3 tablespoons yellow onion, chopped finely**
- 1 garlic clove, smashed, chopped**
- 12 ounces Brussels sprouts, shaved (sliced thinly)**
- 1 tablespoon Dijon mustard**
- 2 tablespoons butter, melted**
- 1 1/2 teaspoons honey**
- Salt and pepper to taste**
- 1 1/2 tablespoons water, or more if needed**

*Per Serving (excluding unknown items): 172 Calories; 13g Fat (62.0% calories from fat); 4g Protein; 14g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 167mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**