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# Brussel Sprouts (Creamy)

*A verbal recipe from Phillis Carey, given at a cooking class 10/09*



*Very tasty and very easy*

2 pounds brussels sprouts

1/3 cup heavy cream, not a lot

1/8 teaspoon freshly grated nutmeg, just a little bit

Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

**Servings: 6**

*According to Phillis, this is one of her favorite holiday veggies.*

1. Remove broken or brown leaves on all the sprouts. Trim the stem end just to remove brown edges, leaving it fully intact (the stem helps hold it together). Halve the Brussels Sprouts through the stem.
2. Place Brussels Sprouts in a large pan and add the cream. Bring to a simmer, cover and cook for 9-10 minutes (until they're almost tender), then remove lid and continue to cook until the cream is nearly gone, stirring often. If the sprouts are not quite done and the cream has evaporated, add just a little bit of water to the pan. Season with salt, pepper and add the freshly grated nutmeg and serve.

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Per Serving (excluding unknown items): 104 Calories; 5g Fat (40.4% calories from fat); 5g Protein; 13g Carbohydrate; 5g Dietary Fiber; 18mg Cholesterol; 39mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.