

Pan Roasted Brussels Sprouts with Apples and Almonds

Cook's Illustrated special supplement for fall recipes



Servings: 5

1. Melt 1 tablespoon butter in 12-inch nonstick skillet over med-high heat. Add apples and cook, stirring occasionally, until browned and softened, about 4 minutes. Transfer to a plate.
2. Add Brussels sprouts, 1 cup water, garlic, thyme, salt and pepper, and remaining butter to empty skillet and bring to boil over med-high heat. Reduce to med-low; simmer until water has evaporated and Brussels sprouts are not quite tender, about 15 minutes (depending on the size of the Brussels sprouts). Test for tenderness. If the Brussels sprouts are really large, you may wish to cover the pan for about 5 minutes during this time for thorough cooking.
3. Increase heat to medium, continue cooking, stirring frequently until they are light golden brown, 3-5 minutes. Stir in toasted almonds and apples and cook until heated through, about one minute. Serve.

- 5 tablespoons butter, divided use
- 2 medium apples, cored and diced, Gala or other sweet apple
- 1 cup water
- 2 pounds brussels sprouts, hard side removed and cut in half
- 2 cloves garlic, minced
- 1 1/2 teaspoons fresh thyme, or half as much if dried
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup slivered almonds, toasted

Per Serving (excluding unknown items): 295 Calories; 18g Fat (48.9% calories from fat); 9g Protein; 32g Carbohydrate; 11g Dietary Fiber; 30mg Cholesterol; 602mg Sodium; 15g Total Sugars; 0mcg Vitamin D; 120mg Calcium; 3mg Iron; 900mg Potassium; 194mg Phosphorus. Exchanges: 0 Grain(Starch).

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