

BRUSSELS SPROUTS WITH APPLES AND ONIONS

Brussels sprouts can be sautéed, boiled, roasted or eaten raw!



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Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE®

BRUSSELS SPROUTS WITH APPLES AND ONIONS

SERVES 8 • SERVING: ½ CUPS

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INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 cup diced onion
- 4 cups sliced Brussels sprouts
- 2 cups diced apple
- 4 tablespoons lemon juice
- 1 teaspoon black pepper
- Salt, to taste

DIRECTIONS:

1. Heat oil in large pan over medium heat
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts and cook 5 minutes, stirring often
4. Add the apples and cook 5-10 mins, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.