BRUSSELS SPROUTS WITH APPLES AND ONIONS

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

www.foodbankst.org/jsy
BRUSSELS SPROUTS WITH APPLES AND ONIONS
SERVES 8 • SERVING: ½ CUPS

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.