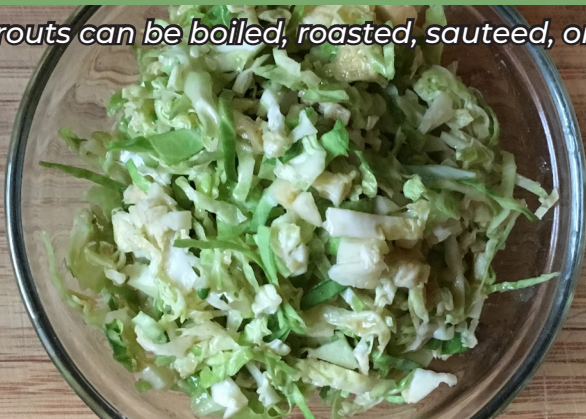


BRUSSELS SPROUTS WITH PEANUT DRESSING

Brussels sprouts can be boiled, roasted, sauteed, or eaten raw.



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Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE

BRUSSELS SPROUTS WITH PEANUT DRESSING

SERVES 5 • SERVING: ¾ CUP

Just Say Yes

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INGREDIENTS:

- 5 cups sliced Brussels sprouts
- 1 tablespoon creamy peanut butter
- 1 tablespoon vegetable oil
- 1 tablespoon honey
- 1 tablespoon vinegar
- 1 tablespoon low-sodium soy sauce
- Black pepper, to taste

DIRECTIONS:

1. Place Brussels sprouts in a large bowl.
2. Mix peanut butter, oil, honey, vinegar, and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Place coated brussel sprouts in a saute pan or skillet on low-medium heat.
5. Stir frequently to avoid sticking and burning and cook until brussel sprouts are soft and wilted.
6. Add black pepper to taste.
7. Serve and enjoy! 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.