

Indian Brussels Sprouts

Yield:4 servings

INGREDIENTS

2 tablespoons grapeseed oil
1 tablespoon minced garlic
1 tablespoon minced ginger
1 tablespoon coriander seeds, crushed with hands
1 teaspoon smoked paprika
A pinch of salt
A pinch of pepper
1 pound Brussels sprouts, trimmed and cut in half



DIRECTIONS

Place a skillet over medium heat and add the oil. When it is hot, add the garlic and ginger and cook for 2 minutes. Add the coriander, fenugreek, paprika, salt and pepper and cook for 30 seconds. Add the Brussels sprouts and 1/2 cup water and cover with a tight-fitting lid. Let steam until the sprouts are bright green and tender-crisp, 6 to 8 minutes.

Nutrition Information:

Per ½ cup serving
Calories 35
Fat 1g
Effective Carbs 4g
Protein 2g

Adapted from recipe by Bal Arneson