

5-Minute Brussels Sprouts

Just Say Yes to Fruits and Vegetables

This delicious and nutritious dish is a crowd pleaser for the whole family!



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Serves 4 ▪ Serving: 1 cup

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Serve as a side dish or as a healthy after-school snack!

Ingredients:

- 1 pound trimmed Brussels sprouts, cut into quarters
- 1 tablespoon vegetable oil
- 2 teaspoons lemon juice
- 1 minced garlic clove
- Salt and pepper, to taste

Directions:

1. Place Brussels sprouts and ½ cup water into a medium pot.
2. Cover the pot and cook over high heat for 5 minutes or until the Brussels sprouts are tender.
3. Drain Brussels sprouts and transfer them to a bowl.
4. Add the oil, lemon juice, and garlic to the bowl. Toss to combine.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.