

Brussels Sprouts with Apples and Onions

Just Say Yes to Fruits and Vegetables

This dish is a creative way to use delicious NYS apples during autumn.



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Serves 8 • Serving: $\frac{2}{3}$ cups

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Give sautéed Brussels sprouts a try. They're quite different than boiled!

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 a 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 minutes, 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.