

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: 2/3 cups



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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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