

Sam's Simple Brussel Sprouts

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

1 pound brussel sprouts, trimmed, halved, washed and dried

5 cloves garlic, peeled and smashed

3 tablespoons olive oil

½ cup water

3 tablespoons balsamic vinegar

Directions:

1. Place a large heavy skillet over medium heat. Saute garlic until golden and remove.
2. Place brussel sprouts cut side down in skillet. Cook approximately 3 minutes, until browned. Turn sprouts over.
3. Add ½ cup water, cover skillet and cook over low heat until sprouts are softened, approximately 15 minutes.
4. Uncover, add balsamic vinegar and cook over medium heat for about 3 minutes, stirring, until vinegar is reduced by 2/3. Serve.

Recipe by:

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