



BRUSSELS SPROUTS WITH SUN-DRIED TOMATOES, ARTICHOKES AND OLIVES

By Dr. Cindy Tanzar
(Standard)

Eating local vegetables in their season is always the best way to reap the greatest nutritional benefits. Brussels sprouts are plentiful from September through February, so you will want to take advantage of these little nutritional powerhouses. This hearty recipe combines with the tang of sun-dried tomatoes and olives for a Mediterranean feel. Avoid over-cooking your Brussels sprouts, or they will be mushy. You want a firm and meaty texture.

Makes 4 servings. One serving of this recipe is 1-1/4 cups cooked and covers your vegetable and fat for one meal.



INGREDIENTS

- 2-3 Tbsp avocado oil
- 1-1/2 lbs. Brussel sprouts, trimmed and halved
- 1/2 small red onion, sliced thin
- 2 cloves garlic, minced
- 1/2-1 cup organic chicken broth
- 1/2 cup quartered artichokes (canned is great – can omit)
- 1/2 cup chopped sun-dried tomatoes (see NOTES below)



1/2 cup pitted Kalamata olives
1/4 cup parsley, chopped (optional)
1/4-1/2 tsp crushed red pepper (optional, to taste)
Pink Himalayan salt and black pepper, to taste

INSTRUCTIONS

Heat a large skillet over medium heat. Add the avocado oil. Once hot, add the Brussels sprouts, searing them for 3-4 minutes, or until nicely browned.

Add the onions and garlic, and continue to brown for another 3-4 minutes. Add broth, braising for 3-5 minutes.

Add the artichokes, sun-dried tomatoes, olives, sea salt and pepper, sautéing just until warmed through. Top with chopped parsley and serve.

*A splash of Balsamic vinegar also adds a flavorful touch.

NOTES: You can find jarred sun-dried tomatoes, packed in oil, with the canned vegetables or by the jarred olives. Drain them before using. Make sure they contain no added sugar or preservatives. (Mezzetta or DeLalla are good).

A less expensive option is to purchase packaged sun-dried tomatoes often found with dried fruit in the produce section. Rehydrate them by soaking in warm water for 30 minutes or until soft. You can also place them in a bowl with one cup of warm water and microwave them for 2 minutes – then let sit 10 minutes.