



## SHREDDED GINGERED BRUSSELS SPROUTS

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

This recipe was adapted from Tasteofhome.com. Shredding the Brussels sprouts gives them a whole new dimension of flavor and texture. If you love the flavors of Asian food, this recipe won't disappoint.

Makes 6-7 servings. One serving equals one cup of cooked vegetable.



### INGREDIENTS

- 1 lb. fresh Brussels sprouts (about 5-1/2 cups)
- 1 Tbs. organic coconut, avocado, or sesame oil
- 1 small red onion, finely chopped
- 1 Tbs. minced fresh ginger root
- 1 garlic clove
- Pink Himalayan salt & black pepper, to taste
- 2 Tbs. filtered water (or what is needed)



## **INSTRUCTIONS**

Trim ends off Brussels sprouts and cut in half lengthwise; then cut crosswise into thin slices.

Heat a large skillet over medium-high heat and add oil. Add Brussels sprouts, stirring 2-3 minutes or until sprouts begin to brown lightly. Stir in onion, ginger, garlic, sea salt and pepper. Add water, reduce heat to medium and cook, uncovered 2-3 minutes or until vegetables are tender.