

Brussels Sprouts with Mushroom Sauce

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/brussels-sprouts-mushroom-sauce>

Ingredients

- 2 cups brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
- ½ cup chicken broth, low-sodium
- 1 teaspoon lemon juice
- 1 teaspoon brown mustard (spicy)
- ½ teaspoon thyme (dried)
- ½ cup mushroom (sliced)

Instructions

1. Trim brussels sprouts and cut in half. Steam until tender – about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Makes 2 servings

Serving size: 1/2 of recipe

Nutrition information per serving

Calories: 54	Dietary Fiber: 4 g
Total Fat: 1 g	Sodium: 69 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol: 0 mg	Carbohydrates: 10 g