

Brussels Sprouts with Mushroom Sauce

Serves 4

Ingredients:

2 cups brussels sprouts

1/2 cup chicken broth

1 teaspoon lemon juice

1 teaspoon mustard

1/2 teaspoon thyme

1/2 cup sliced mushrooms



This side dish is delicious when made with brussels sprouts. You could also make it with broccoli, cabbage, kale, collards, or turnips. Cooking time may vary for different types of vegetables

Directions:

1. Trim brussels sprouts and cut in half into microwaveable bowl. Cover and microwave on high for 3 to 4 minutes. Set aside.
2. In small saucepan bring the broth, lemon juice, mustard, thyme and mushrooms to a boil.
3. Then simmer until the broth is reduced by half, about 5 minutes.
4. Add sauce to brussels sprouts (or other cooked vegetable).
5. Reheat in microwave if necessary. Serve hot.

Recipe adapted from USDA What's Cooking?

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