

# DEER VALLEY TIMES

HYPER LOCAL NEWS FOR THE PHOENIX NORTH VALLEY

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## Recipe of the Month: Brussels Sprouts with a Twist

*Chef Michael McCauley*

Brussels sprouts are one of those vegetables that people either love or hate. It is their natural bitterness that usually turns people off. This recipe removes that bitterness and adds the sweetness of dried cranberries. It is one of our family favorites.

Similar recipes call for lots of butter and nuts, both high in fat and calories. This version tastes great, and is much healthier.

Yield: 8 servings ( Serving Size: About 1/2 cup after cooking)

Prep time: 20 Minutes  
Cook time: 10 Minutes

### Ingredients

2 pounds Fresh Brussels sprouts, rinsed and with stems trimmed  
1 ounce Coarsely chopped pecans (walnuts can be used instead, if you prefer)  
1/2 Cup Dried cranberries (Ocean Spray Craisins, or equivalent)  
1 teaspoon Olive oil  
Salt and pepper to taste

### Preparation

After rinsing and trimming Brussels sprouts, pull off any damaged leaves. Slice each sprout into 3-4 even slices, cutting from tip to stem. Collect all sprout slices in a bowl and set aside.

Heat 12" frying or sauté pan over medium-high heat and add pecans. Cook, stirring continually, until the pecans begin to darken and give off a toasted aroma (about 2-3 minutes).

Drizzle olive oil over pecans and stir to evenly coat the pan bottom, then add sliced Brussels sprouts. Cover pan and cook until color brightens, some leaf edges begin to brown, and sprouts become tender (about 5-6 minutes). Remove lid after 1 minute and stir with spoon or tongs. Repeat each minute until sprouts are cooked. Be careful not to overcook sprouts. They should be slightly crunchy, but tender – not limp or mushy.

Remove pan from heat, add dried cranberries and toss. Add salt and pepper to taste, and serve.

### Nutrition Facts (per serving)

Calories: 76; Calories from Fat: 15; Fiber: 3 g (Note: To reduce fat, reduce or eliminate pecans)



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*Michael McCauley is a Personal Fitness Chef and Nutrition Specialist, author and speaker. His company, Vitaerobics, has helped more than 750,000 people create their own healthy family future. Get his FREE eBook "Overcoming Portion Distortion: How to Eat Less in a Super Sized World" at: [www.HealthyFamilyFuture.com/gift](http://www.HealthyFamilyFuture.com/gift).*

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