



THE UNIVERSITY OF ARIZONA

Center for Integrative Medicine

Andy's Brussels Sprouts

(for people who think they hate Brussels sprouts)

Ingredients

- 1 lb Brussels sprouts
- 2 Tbsp extra-virgin olive oil
- 5 cloves garlic, finely minced
- 1 tsp hot red pepper flakes or to taste
- 1/4 tsp nutmeg or to taste, preferably freshly grated
- 1/2 cup freshly grated Parmesan cheese
- salt

Method

Trim ends off Brussels sprouts and remove any discolored outer leaves. If sprouts are large (more than 1 inch diameter) cut them in quarters lengthwise through the stem end. If smaller, cut them in half. Bring 2 quarts of water to a boil, add 1/2 tsp salt, and the sprouts. Boil uncovered till sprouts are just crunchy-tender, about 5 minutes. Do not overcook them. Drain the sprouts well.

Wipe out the pot and heat the olive oil in it. Add the red pepper flakes and garlic and sauté for 1 minute. Add the sprouts and nutmeg and sauté for another minute. Add the cheese and toss until cheese melts.