

Brussel Sprouts From: Roxanne Cann-Dittman 7/10/2019

I am an extremely picky eater and allergic to all nuts. Me eating healthy is a challenge. Oddly, the one thing I like in my family that NOBODY else will eat... Brussel Sprouts!



Directions:

- 1) Slice brussel sprouts in half from top to bottom (or thirds if large).
- 2) Heat olive oil in large skillet over medium heat.
- 3) Cook sprouts 6-8 minutes or until tender crisp, stirring occasionally.
- 4) Remove from heat, toss with butter and parmesan cheese if using.
- 5) Season with salt and pepper if needed and serve.