

Thai Braised Brussels Sprouts

Ingredients:

1 teaspoon	Sesame oil
2 Tablespoons	Peanut butter, natural
4 cups	Brussels sprouts, quartered
1 cup	Coconut milk, light, shaken
½ teaspoon	Crushed red pepper flakes
½ teaspoon	Salt
1 Tablespoon	Curry powder
2 Tablespoons	Cilantro, chopped



Method:

- Preheat a large sauté pan on medium heat.
- Add sesame oil, evenly spread oil around the warmed pan.
- Next, add Brussels sprouts. Allow the Brussels sprouts to sauté and lightly caramelize, only stirring every 2-3 minutes to avoid burning.
- Add peanut butter, coconut milk, crushed red pepper flakes, salt, and curry powder to the pan, stir.
- Cover the pan with a lid and cook for 7-10 minutes.
- Remove lid, top with fresh cilantro, and enjoy!

Chef's Note: Adding a zing of Thai flavors will easily amp up the appeal of Brussels sprouts.

Nutritional Information:

Servings: 4 | Calories: 140 | Fat: 10 grams | Sodium: 310 milligrams
Carbohydrates: 12 grams | Protein: 5 grams | Fiber: 4 grams