

- 1 pound Brussels sprouts *trimmed and halved*
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon balsamic vinegar or lemon juice
- 1 to 2 tablespoons raw pine nuts *or chopped raw walnuts, almonds, or pecans (optional)*
- Chopped fresh herbs like parsley *cilantro or mint (optional)*
- A handful of Parmesan *feta, or goat cheese (optional)*

add
mushrooms
onion
pine nuts or other nuts

SHOP INGREDIENTS

Instructions

- 1 Heat a large cast iron or similar sturdy bottomed skillet over medium high for 4 minutes. Add the oil. As soon as the oil is hot and shining (but before it starts smoking), swirl to coat the pan, then add the halved Brussels sprouts. Shake the skillet a little and prod them so that as many as possible are cut-side down. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear.
- 2 Add the salt and pepper. With a wooden spoon or spatula, flip the sprouts over. Continue cooking, stirring every few minutes, until they are evenly browned and just turning tender the inside, about 5 to 6 minutes.

AdChoices 

FOR EVERY
SPECIAL
M Pumpkin Gingerbread Muffins