

Brussels Sprouts with Water Chestnuts



Trisha's Dishes

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This is the perfect side dish to serve with poultry, beef or pork. The roasted Brussels sprouts, the dash of nutmeg and the wonderful crunch of water chestnuts turn a not so favorite vegetable into a delicious surprise.

Note: I cut my Brussels sprouts in half after roasting. It makes them much easier to eat.

Servings: 6 to 8

Prep Time: 30 minutes

Cook Time: 10 minutes

Bake Time: 35 minutes

Instructions:

1. Remove all loose leaves from the sprouts.
2. Trim stem end and cut an X in the core end of each with a sharp knife.
3. Mix sprouts with olive oil, salt and pepper.
4. Place on baking sheet and roast for 35 minutes. Sprouts will be crisp outside and tender inside. Shake pan periodically to brown sprouts evenly.
5. While roasting the Brussels sprouts melt butter in a large skillet.
6. Add garlic and sauté for one minute until fragrant.
7. Add water chestnuts and nutmeg. Cook until water chestnuts are heated through.
8. Add roasted Brussels sprouts and stir to coat.

Ingredients:

- 1 pound fresh Brussels sprouts
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons butter
- 1 teaspoon chopped garlic
- ½ cup sliced water chestnuts, chop slightly
- Dash ground nutmeg
- Sea Salt

To Serve:

- ◇ Pour into heated vegetable serving dish and sprinkle with sea salt.

Tip: If fixing for company, clean Brussels sprouts and have oven ready for roasting in advance.