Sautéed Brussels Sprouts

Ingredients

1 lb Brussels sprouts, trimmed and sliced into quarters
2 garlic cloves, minced
1 tbsp of oil
Salt and pepper to taste
2 tbsp of lemon juice
1-2 tbsp of parmesan cheese (optional)

For a South West version add during step 2:
1/4 tsp cumin
1/4 tsp chili powder
1/2 cup black beans
1/2 cup corn

For an Asian version add during step 2:
1/4 tsp ginger
1/4 cup diced onion
1/2 cup sliced carrots
1/2 cup bok choy

For an Italian version add during step 2:
1/2 tsp Italian seasoning
1/4 cup diced onion
1/2 cup diced bell pepper
1/2 cup chopped kale

Directions

1. Heat 1 tbsp oil in skillet and turn on the heat to medium high.
2. Sauté garlic for 30 seconds.
3. Add Brussels sprouts. Stir occasionally for 10 minutes or until golden brown and fork tender.
4. Add salt and pepper to taste, cook for 1 minute longer.
5. Remove from heat and add lemon juice and parmesan (if using) and toss to coat

Servings: 4
Total Time: 20 minutes