

Brussels Sprouts w. Toasted Pecans

(Serves 10)

Ingredients:

2 lbs small Brussels Sprouts, trimmed and cut in half lengthwise
5 tbsp minced Shallot
4 tbsp unsalted Butter
1 tbsp Olive Oil
1 tbsp Sugar
1 tsp Salt
1 box (32 oz) low sodium Chicken Broth
½ to up to 2 cups Water
Freshly ground Pepper
½ cup coarsely chopped, toasted Pecans (See note below)

Method:

In a large non-stick skillet over medium-high heat, heat sprouts, shallot, 2 tbsp butter, olive oil, sugar and salt.
Toss until well mixed.
Cook until shallot is fragrant – about 2 minutes.
Add broth and ½ cup of water and bring to a boil.
Reduce the heat and simmer, uncovered, until tender – adding water as needed if the pan becomes too dry (You want minimal liquid in the finished dish,) about 7-12 minutes.
Stir in the remaining butter and freshly ground black pepper.
Keep warm until ready to plate.
Serve hot, sprinkled with pecans.

NOTE: To toast pecans, spread the coarsely chopped pecans on a baking sheet and toast in a 350F oven until lightly browned and fragrant – about 8-10 minutes.