



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Zesty Brussels Sprouts & Collard Greens Sauté

Ingredients:

- 1 bunch of collard greens, chopped into thin strips
- 1 bag of Brussels sprouts (roughly 12 sprouts), chopped into halves
- 1 tablespoon extra-virgin olive oil
- 1 medium-size red onion, sliced into thin half moons
- 6 cloves of garlic, minced
- 2 tablespoons Dijon mustard
- 1 teaspoon fresh oregano (minced) or ¼ teaspoon dried oregano
- Pinch of salt
- ½ cup pecans

Serves 6

Nutrition: 123 calories, 9 g fat, 1 g saturated fat, 10 g carbohydrate, 4 g fiber, 4 g protein, 55 mg sodium

Source: Oldways

Directions:

1. To soften the Brussels sprouts and greens, first steam them in 1 cup of water in a covered pan, until tender
2. Drain water from pan, move Brussels and collards to the side, into a covered bowl
3. Heat 1 tablespoon of olive oil on medium heat in the pan
4. Add the onions and cook for 2-3 minutes, or until onions are translucent
5. Add garlic, cook for 1 minute
6. Stir in the mustard and oregano
7. Add collards and Brussels to the pan and toss with your spoon, to coat
8. Add a pinch of salt along with the pecans, and cook on medium heat for 5-7 minutes, roughly stirring once per minute so that the onions, garlic, mustard, and pecans cover all the vegetables



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