



Shredded Brussels Sprouts

Ingredients:

1 1/2 lbs fresh brussels sprouts, shredded
1 tbsp butter
2 tbsp oil
1 tsp salt
1/2 tsp pepper
2 tbsp good balsamic vinegar
1 tbsp honey

Directions:

In a small bowl, mix honey and balsamic vinegar and set aside.

Heat oil and butter in a large non-stick pan over medium high heat.

When shimmering, add brussels sprouts and salt and pepper and cook, stirring occasionally for 5-6 minutes or until tender.

Turn off heat and stir in balsamic-honey mixture and stir to combine. Serve immediately.