

Brussels Sprouts With Garlic And Parmesan

Brussels sprouts seem to like getting all gussied up and here is a delicious way to serve the cute little things! You have to admit, they are so cute!

Makes 6 Servings

1 ½ lbs. Brussels sprouts
2 Tbsp. unsalted butter, room temperature
2 Tbsp. EVOO
6 large garlic cloves, chopped fine
1 cup chicken stock**
1/8 tsp. each salt & freshly ground pepper
6 Tbsp. freshly grated parmesan cheese

Trim the ends from the Brussels sprouts & cut them in half length-wise. In a 12” frying pan, heat 1 Tbsp. each of butter & oil over medium-high heat.

Add the garlic; reduce the heat to medium-low & sauté for 2 minutes (being careful not to burn the garlic). If the garlic is picking up too much colour, remove from the heat. Add the sprouts & the stock to the pan; bring stock to a boil; reduce heat to medium-low; cover & simmer for 5 – 8 minutes or until sprouts are tender-crisp, stirring occasionally.

Using a slotted spoon, remove the sprouts to a bowl; stir in ¼ cup of cheese, salt & pepper. Transfer to a serving platter & top with the remaining 2 Tbsp. of cheese. Serve immediately.

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