

Sweet and Savory Sprouts



INGREDIENTS:

- 2 cups fresh or frozen Brussels sprouts, cut in half
- ½ cup chopped onion
- 2 cups fresh or frozen squash, cubed
- 1 pear or apple, cored and chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons fresh Italian herbs (or 2 teaspoons dried)
- 1 tablespoon lemon juice
- ¼ cup dried cranberries or raisins
- ¼ cup chopped walnuts

INSTRUCTIONS:

- 1 Place onion in large pan over medium-high heat and cook until soft (about 5 minutes). Add a tablespoon of water.
- 2 Add squash, Brussels sprouts, pear/apple, salt, pepper to taste, and 2 tablespoons of water.
- 3 Reduce the heat to medium-low, cover, and cook for 10 to 15 minutes. The vegetables will be soft when it is done.
- 4 Add the Italian herbs and stir to combine. Add the lemon juice and stir in the walnuts and dried fruit.

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.