

Sautéed Brussels Sprouts with Orange and Walnuts

submitted by Galinalgnatova



Per serving: 128 Calories • 14.7g Carbs (5.8g Fiber) • 6.8g Fat • 5.8g Protein

Ingredients

Ingredients scaled to: 8 serving

1 fruit (2-5/8" dia) **Oranges** (131 grams)

2 tbsp **Olive oil** (27 grams)

1 shallot (medium) **Shallots** (42.5 grams)

2 1/4 lb **Brussels sprouts** (1 kg)

1/2 tsp **Salt** (3 grams)

1/3 cup, chopped **Walnuts** (41.3 grams)

1/4 tsp **Pepper** (0.53 grams)

Directions

Directions are based on the original recipe of 8 servings

1. Zest entire orange and juice half of it (about 1/4 cup).

2. In a 12-inch sauté pan, heat 1 tablespoon oil over medium-high heat. Sauté shallot (minced) for 1 minute. Add half of Brussels sprouts cut-side down, in a single layer; sprinkle with 1/8 teaspoon salt. Cook for 4 minutes. Add half of orange juice, flip sprouts and cook for 4 minutes. Transfer sprouts to a large serving bowl. Repeat with remaining oil, sprouts, salt and juice. Add second batch of sprouts to serving bowl with first batch.

3. Toss sprouts with walnuts (chopped), orange zest, and season with pepper. Serve warm, at room temperature or chilled as a salad.