



CHARRED BRUSSELS SPROUTS

Makes 4 servings.

These brussels sprouts are good hot or at room temperature. This recipe is another one that is easy, quick and delicious.

INGREDIENTS

- 1 pound brussels sprouts, about 12 medium size
- 2 tablespoons extra-virgin olive oil
- ½ cup coconut water
- 1 tablespoon low sodium soy sauce
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Trim and discard the outer leaves of the sprouts and cut in half.
2. In a wok or large skillet heat the oil. Add the sprouts and sauté over high heat until well browned, about 3 minutes.
3. Add the coconut water and soy sauce. Lower the heat, cover and cook for about 10 minutes or until tender. Season to taste with salt and pepper.