

Brussels Sprout Stir-fry

Colin Kremer

Ingredients

1/2 cup pecans or walnuts, chopped

2 cups Brussels sprouts, cleaned and halved

1 cup carrots, sliced

1 clove garlic, minced

3 tablespoons olive oil

cooked rice



Directions

Add 1 tablespoon of olive oil to sauté pan and toast the chopped nuts. Remove nuts and set aside.

Add 2 tablespoons of oil to pan and sauté garlic for about 2 minutes.

Add Brussels sprouts and stir-fry for about 3 to 5 minutes.

Add the carrots and continue stir-frying for another 3 to 5 minutes, or until the vegetables are tender-crisp.

Add toasted nuts to vegetables, mix and serve over cooked rice.