



HOW TO SAUTÉ BRUSSELS SPROUTS



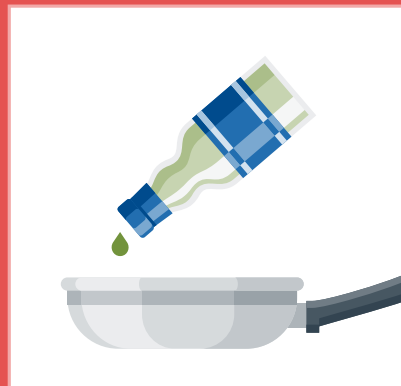
Serves: 4



Prep Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 lb trimmed & halved Ocean Mist Farms Brussels sprouts
- Salt & pepper, to taste
- Juice of 1 lemon



HEAT

Olive oil over medium-high heat.



ADD

Garlic and cook 1 minute.



COOK

Brussels sprouts for 10-12 minutes until browned.



SEASON

With salt, pepper and lemon to taste.



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