



# HOW TO STEAM BRUSSELS SPROUTS



Serves: 4



Prep Time: 5 minutes  
Cook Time: 8 minutes

## INGREDIENTS

1 lb trimmed Ocean Mist Farms  
Brussels sprouts

Salt & pepper, to taste

1 Tbsp. butter (optional)

Juice of 1/2 lemon



### FILL

A large pot with a steamer basket and water up to the bottom of the insert.



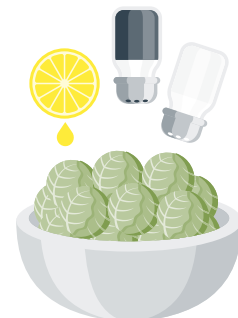
### COVER

Pot and bring the water to a boil.



### STEAM

Brussels sprouts for 6-8 minutes.



### SEASON

Brussels sprouts with remaining ingredients in a large bowl.

