

Brussel Sprouts with Chestnuts & Sage



Prep Time: 35 minutes

Cook Time: 35 minutes

Ingredients:

1. 2 pounds Brussels sprouts, trimmed and halved
2. 1 Tbsp. butter
3. 1 Tbsp. extra-virgin olive oil
4. 3 Tbsp. reduced-sodium chicken broth
5. $\frac{3}{4}$ cup coarsely chopped chestnuts, (about 4 ounces: see Tip)
6. 2 tsp. chopped fresh sage
7. $\frac{1}{2}$ tsp. salt
8. Freshly ground pepper to taste

Directions:

1. Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6 to 8 minutes. Drain well.
2. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2 to 4 minutes. Season with salt and pepper. Serve warm or at room temperature.
- 3.

Nutrition Facts

Makes 12 servings

Amount per serving:

Calories	68
Net Carbs	10g
Dietary Fiber	3g
Total Fat	3g
Protein	2g

Tips & Notes:

1. **Make Ahead tip:** Prepare through step 1, cover and refrigerate for up to 8 hours.
2. **Tip:** You don't need to prepare your own chestnuts for the dish. Cooked and peeled chestnuts are available in jars at this time of year. Look for them in the baking aisle at your local store.