

Pan Roasted Lemon Brussels Sprouts

(serves 2)

INGREDIENTS:

- 1 box frozen brussels sprouts
- 2 tablespoons water
- 1 tablespoon extra virgin olive oil
- 1 tablespoon butter
- 2 cloves garlic, minced
- juice from ½ a lemon

DIRECTIONS:

- Place the brussels sprouts in a microwavable bowl.
- Add the water.
- Cover and microwave for 4 minutes.
- Let cool a little.
- Slice the brussels sprouts in half.
- Heat a skillet over medium-high heat.
- Add the olive oil and butter.
- Once the butter melts, add the garlic.
- Sauté until golden, about 1-2 minutes.
- Add the brussels sprouts, cut side down.
- Cook for about 5 minutes, until golden brown.
- Flip the brussels sprouts and cook for about 2 more minutes.
- Squeeze in the lemon juice.
- Toss to combine.
- Cook for one more minute.