

PEANUT BUTTER SESAME BRUSSEL SPROUTS

Serves: 4

Approximate Cost of the Recipe: \$5.41

Approximate Cost per Serving: \$1.35



INGREDIENTS:

- 2 Tablespoons of olive oil
- 16 oz of Brussel sprouts
- 1 clove of garlic
- 3 Tablespoons of peanut butter
- 2 Tablespoons of water
- 3 teaspoons of low sodium soy sauce
- 1 Tablespoon of honey
- 1 Tablespoon of lime juice
- 1/8 teaspoon of cayenne pepper

DIRECTIONS:

1. Wash hands and surfaces.
2. For the sauce, add honey, lime juice, cayenne pepper, soy sauce, and peanut butter into a medium bowl. Mix until smooth and set aside.
3. Rinse brussel sprouts under running water and slice them into halves.
4. Peel and mince garlic cloves.
5. Next, add olive oil into a pan over medium heat.
6. Then, add brussel sprouts and minced garlic. Cook for 5 minutes.
7. Add sauce into the pan and stir to coat brussels sprout. Cook for an additional 2 minutes
8. Serve and enjoy!