



Caramelized Brussel Sprouts

1 lb Brussel Sprouts
3 T Water
1/2 c Dulcet Toasted Sesame & Ginger Asian Sauce
Black Sesame Seeds (optional)

1. Clean and trim stem from Brussel Sprouts.
2. Cut sprouts into halves.
3. Place the water in a large sauté pan or wok over high heat.
4. When the water starts to boil, add the sprouts and cook for 3 minutes, or until all the water is evaporated.
5. Add the Dulcet Toasted Sesame & Ginger Asian Sauce and continue to cook over high heat for an additional 2-3 minutes or until the sauce begins to thicken and caramelize.
6. Garnish with sesame seeds if using.

Note: The bigger the saute pan the better to prevent crowding the sprouts.

Notes: _____

From our test kitchen:
This recipe can be made with
different vegetables such as carrots,
green beans, asparagus, broccoli,
spinach or bok choy. Water may need
to be drained off other vegetables.