

Maple-Glazed Brussels Sprouts with Apples

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1 tart, crisp apple
1 lemon
¾ pound Brussels sprouts
1 tablespoon olive oil, divided
2 shallots, sliced thin
2 cloves garlic, minced

½ teaspoon coarse salt, divided
Black pepper
1 tablespoon apple cider vinegar
1 tablespoon pure maple syrup
⅓ cup chopped, toasted pecans

Wash apple, remove core and chop into bite-sized pieces. Put apple pieces in a bowl with enough water to cover. Squeeze juice from the lemon and add to water, stirring slightly. Set aside.

Trim Brussels sprouts and rinse with cool water. Cut each sprout in half lengthwise. Cut each half lengthwise into thin slices. Set aside.

Heat ½ teaspoons olive oil in a large skillet over medium heat. Add shallots. Sprinkle with ¼ teaspoon coarse salt and some pepper. Sauté shallots for about 6 minutes, until tender and golden brown. Add minced garlic and sauté for another minute. Drain chopped apple and add to the pan along with cider vinegar and maple syrup. Cook and stir mixture until apple becomes slightly tender. Transfer mixture in pan to a plate.

Add remaining olive oil to pan and heat. When oil is hot, add prepared Brussels sprouts. Cook for 2-3 minutes, stirring a couple times until some of the ribbons turn brown. Taste the cooked ribbons of sprouts. They are done when they are crisp-tender. Stir in the reserved apple-shallot mixture and stir to heat. Sprinkle with chopped pecans and serve immediately. Serves 4 as a side.

Tips from the cook

- ▶ Shop for Brussels sprouts that are firm and heavy for their size. Store them in the refrigerator in a plastic bag, squeezing out as much air as you can from the bag. Don't rinse the sprouts until you are ready to use them.
- ▶ Shallots can be found in the produce department in grocery stores. Their flavor falls somewhere between garlic and red onion. They are a nice option when you want flavor that is less assertive than onions.
- ▶ To turn the side dish of sweet, tart and just-tender ribbons of sprouts into a meal, add some cooked meat or sautéed cubes of extra-firm tofu and serve over cooked brown rice.