

Brussels Sprouts with Shallots and Lemon

Ingredients

- 1 T extra virgin olive oil
- 3 shallots, thinly sliced
- ¼ tsp plus 1/8 tsp salt
- 1 lb brussels sprouts, trimmed and cut into quarters
- ½ cup vegetable stock or broth
- ¼ tsp finely grated lemon zest
- 1 T fresh lemon juice
- ¼ tsp pepper

Directions

In a large frying pan, heat 2 tsp of the olive oil over medium heat. Add the shallots and saute until soft and lightly golden, about 6 minutes. Stir in the 1/8 tsp salt. Transfer to a bowl and set aside.

In the same frying pan, heat the remaining 1 tsp olive oil over medium heat. Add the brussels sprouts and saute until they begin to brown, 3-4 minutes.

Add the vegetable stock and bring to a simmer. Cook, uncovered, until the brussels sprouts are tender, 5-6 minutes. Return the shallots to the pan. Stir in the lemon zest and juice, the ¼ tsp salt, and the pepper. Serve immediately.