

Asian-inspired Brussels sprouts (adapted from recipe by Linda Fraser)

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Ingredients:

1 tablespoon sesame oil
3 scallions, sliced
3 cloves garlic, minced
1 teaspoon ginger root, shredded
1 pound Brussels sprouts
1 teaspoon Chinese Five-Spice Powder (or 1/4 teaspoon each: ground cinnamon, ground star anise, ground ginger, 1/8 teaspoon each: ground cloves, black pepper)
1 tablespoon low-sodium soy sauce

Instructions:

1. Trim the stem ends of the Brussels sprouts and remove any ragged outer leaves. Slice them thinly with a large sharp knife (they will appear as if you had shredded them).
2. Heat oil over medium heat. Add the scallions, ginger, and garlic and sauté about 1 minute.
3. Stir in the Brussels sprouts, spices, and soy sauce and continue to cook for another three to four minutes, or until the sprouts are tender.



Photo courtesy of Emelia Chabot