

Brussels Sprouts with Brown Sugar and Walnuts (or Hazelnuts)

1 bag frozen Brussels sprouts, thawed (usually about 12 oz)

NOTE: You can use fresh by all means but this is something I make while on charter as a backup for when my other fresh vegs start to run low...and the frozen have always worked just fine. You decide which you prefer.

2 tablespoons olive oil

¼ small red onion, fine diced

2 tablespoons brown sugar

½ cup crushed walnuts or hazelnuts browned in a bit of butter and one fresh grind of salt

Thaw Brussels sprouts (I usually place mine in a small bowl with a touch of water and microwave for 30 seconds. Stir, and microwave for another 30 seconds). While sprouts are thawing, heat olive oil in a medium sized skillet over medium-low heat. Add onions to heated oil and sauté until they are clear.

Add sprouts; **NOTE:** I usually cut them in half, sauté on one side about 2 ½ minutes. Add brown sugar and turn heat to medium. Flip sprouts and sauté another 2 ½ minutes. Add walnuts and stir occasionally for another 5 minutes. Remove from skillet and serve. Serves about 4 as a side dish.

