

Steam/Sautéed Brussels Sprouts With Mustard and Caraway
Yield: 4-6 portions

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons butter
- 1/3 cup water
- ½ teaspoon salt
- 1 teaspoon caraway seeds
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- Freshly ground black pepper

Method of preparation:

- Bring the Brussels sprouts, butter, water, salt, and caraway seeds to a boil in a large skillet. Cover and steam over medium-high heat until the Brussels sprouts are just tender, 5 to 10 minutes.
 - Remove the lid and stir in the mustard and maple syrup. Sprinkle with black pepper.
- Prep time: 5 min Cook time: 10 min