

---

# Shredded Brussels Sprouts with Pine Nuts

*From a cooking class with Phillis Carey, 12/2010*



**Servings: 6**

1. Cut off stems, then halve Brussels sprouts lengthwise. Cut lengthwise into thin (1/8 inch) slices.
2. Heat oil in large skillet over medium high heat. Add sprouts; sprinkle with salt and pepper. Saute until brown at edges, about 6 minutes. Add water and butter and continue cooking until most of the water has evaporated and sprouts are tender but still bright green, about 3 minutes.
3. Toss in the toasted pine nuts and serve immediately.

1 pound Brussels sprouts

Salt and pepper to taste

2 tablespoons olive oil

1/2 cup water

2 tablespoons unsalted butter

1/4 cup pine nuts, toasted

---

Per Serving (excluding unknown items): 135 Calories; 11g Fat (70.8% calories from fat); 4g Protein; 7g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 Fat.

**Carolyn T's Blog - Tasting Spoons:**  
<http://tastingspoons.com>