

# SIMPLE PAN SEARED BRUSSEL SPROUTS

## SERVING SIZE

4

## INGREDIENTS

ITEM	QUANTITY
Oil	1 Tbsp.
Small Brussels Sprouts, Ends Trimmed And Halved Through The Core	4 Cups
Coarse Salt	1 Tsp.

## PREPARATION

- Heat oil in a large skillet over medium-high heat.
- Add Brussels sprouts cut-side down in a single layer.
- Cook 5-6 minutes without stirring until deeply golden and crisp.
- Stir and cook another 2-3 minutes until tender.
- Season with coarse salt and remove from heat.
- Serve immediately while hot. Enjoy!