

## **Breaded Brussels Sprouts**

This is an excellent recipe for Xmas dinner and is very simple to prepare. This recipe is from my cookbook, From Uncle Bill's Kitchen.

Yields: 12 servings

### **INGREDIENTS:**

1 1/2 pounds Brussels sprouts  
1 teaspoon salt  
4 tablespoons butter, melted  
4 tablespoons grated Parmesan cheese  
4 tablespoons dried bread crumbs  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon seasoning salt

### **DIRECTIONS:**

1. Wash and trim Brussels sprouts. Cut an "X", about 1/8 inch deep in the stem of the sprouts, (this helps cook the sprouts more evenly and quickly).
2. In a medium-size pot, cover Brussels sprouts with water, add 1 teaspoon salt and bring to boil. Cover and simmer for 6 minutes or until tender; drain. Be careful not to overcook sprouts.
3. Place sprouts in a small casserole dish. Sprinkle 2 tablespoons of melted butter over the sprouts and mix well to coat.
4. Combine parmesan cheese, dried bread crumbs, garlic powder, black pepper, seasoning salt and remaining butter and mix well; sprinkle mixture over sprouts.
5. Heat sprouts under broiler (about 4 inches away from heat) for about 5 minutes or until crumb mixture is lightly browned. Serve hot.

### **Brussels Sprouts in Mustard Sauce**

A corn starch thickened mustard sauce adorns these Brussels Sprouts cooked in vegetable broth.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Yields: 6 servings

### **INGREDIENTS:**

2 tablespoons cornstarch  
1/4 cup water  
1 (14.5 ounce) can vegetable broth  
1 pound Brussels sprouts  
2 teaspoons prepared Dijon-style mustard  
2 teaspoons lemon juice

### **DIRECTIONS:**

1. Dissolve cornstarch in 1/4 cup water, and set aside.
2. In a medium saucepan over medium heat, bring vegetable broth to a boil. Add Brussels sprouts, and cook until tender. Strain, reserving vegetable broth, and place Brussels sprouts in a warm serving dish.
3. Return vegetable broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture. Cook and stir until thickened.

Pour over Brussels sprouts to serve.

### **Brussels Sprouts with Mushrooms**

Boiled Brussels sprouts tossed with sauteed mushroom with a sprinkling of parsley and lemon.

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Ready In: 40 Minutes

Yields: 6 servings

INGREDIENTS:

4 cups Brussels sprouts, trimmed and halved

1/2 pound whole mushrooms

5 tablespoons butter

1/2 cup chopped fresh parsley

salt and pepper to taste

fresh lemon juice

DIRECTIONS:

1. Cook Brussels sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender; strain through a colander, removing as much water as possible. Set aside.
2. Melt butter in a large skillet over medium high heat. Cook and stir mushrooms until lightly browned. Toss Brussels sprouts with mushrooms, and sprinkle with parsley and lemon juice. Serve immediately.

### **Brussels Sprouts**

A tasty side dish that combines the flavors of garlic and pancetta with Brussels sprouts.

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 35 Minutes

Yields: 4 servings

INGREDIENTS:

3 cups water

1 pound Brussels sprouts, trimmed

2 tablespoons olive oil

2 cloves garlic, minced

1 teaspoon salt

1 teaspoon ground black pepper

DIRECTIONS:

1. Bring the water to a boil in a large saucepan. Add Brussels sprouts, and cook for 5 to 7 minutes. They should still be slightly firm. Drain, and rinse with cold water. Slice the sprouts in half, and set aside.
2. Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the garlic; cook and stir for about 5 minutes, until garlic is lightly browned. Add the remaining olive oil and Brussels sprouts. Reduce the heat to medium and cook, stirring until the sprouts are well coated with the flavor. Season with salt and pepper, and cook for 5 more minutes before serving.

## **Roasted Brussels Sprouts**

Brussels sprouts - the perfect holiday side dish - are simply seasoned with salt, pepper, and olive oil, then slow-roasted in a very hot oven until darkest brown. They are the perfect combination of sweet and salty, and make for perfect snack leftovers straight from the fridge the next day!

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Ready In: 1 Hour

Yields: 6 servings

### **INGREDIENTS:**

1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed

3 tablespoons olive oil

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

### **DIRECTIONS:**

1. Preheat oven to 400 degrees F (205 degrees C).

2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat.

Pour

onto a baking sheet, and place on center oven rack.

3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.