

# Pan-Fried Brussels Sprouts

## Ingredients

1 pound fresh Brussels sprouts  
(brown parts removed, cut in half)  
1 tablespoon olive oil  
2 teaspoons crushed garlic  
¼ white onion, chopped  
Salt and ground pepper to taste  
Garlic powder to taste



## Directions

Heat olive oil in a skillet over medium heat until the oil shimmers, and cook garlic, stirring often, until golden brown and fragrant, about 3 minutes.

Stir in onion and cook until soft, stirring often and about 5 minutes.

Add Brussels sprouts to the skillet and cook without stirring until the undersides of the sprouts turn golden brown, 5 to 7 minutes.

Stir to turn sprouts over and cook other sides until golden brown.  
Another 5 to 7 minutes. Season with salt, black pepper and garlic powder.

**Brussels Sprouts are healthy because:**

A superstar vegetable for cancer protection

Low in calories but rich in Vitamin K and Vitamin C

Can help lower cholesterol levels and reduce inflammation



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