

# Shaved Brussels Sprouts with Pine Nuts

Difficulty: Beginner | Prep Time: 20 min | Serves: 6  
Recipe by Draeger's Cooking School

- 1 pound Brussels sprouts
- ¼ cup pine nuts
- 2 tablespoon olive oil
- 1 clove garlic, minced
- kosher salt and black pepper
- juice of 1 lemon
- 1 tablespoon honey

## Preparation:

Remove any brown or tough outer leaves from the Brussels sprouts. Cut each sprout in half, lay flat, and then cut each half into thin strips.

Heat a large skillet over medium high heat. Add the pine nuts, stirring frequently; cook until they are lightly toasted and fragrant. Immediately remove pine nuts to a plate and return pan to the stove on high heat.

Heat the olive oil, and add the Brussels sprouts and minced garlic. Saute until Brussels sprouts begin to soften, about 5 to 6 minutes. Season with salt and pepper, then add lemon juice and honey to taste. Add in toasted pine nuts. Serve warm.



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