

Sauteed Brussels Sprouts

Ingredients:

2 tablespoons olive oil
1 (12 oz) bag of frozen Brussel sprouts, thawed and sliced in half OR fresh brussels sprouts sliced in half
1/2 onion, chopped OR 1/2 tbsp onion powder
2 teaspoons minced garlic OR 1/2 tsp garlic powder
Pinch of salt and pepper
1 teaspoon no-salt Creole seasoning

Instructions:

1. In a skillet, heat oil over medium-high heat.
2. Add Brussels sprouts and onions, sauté until they start to brown.
3. Add garlic and other seasonings.
4. Cook until tender.

Prep time: 5 minutes

Cook time: 20 minutes

Serves: 6

Source: LSU AgCenter

Nutrition Facts

6 servings per container
Serving size about 1/2 cup

Amount per serving	% Daily Value*
Calories 70	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 231mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check out our social medias for the newest content!



Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com



Visit our website: www.LSUAgCenter.com

The LSU AgCenter and LSU provide equal opportunities in programs and employment