

Brussels Sprouts with Apples...submitted by Sheila Sharemet

I was never a Brussel Sprouts fan until I came across this recipe..the sweetness of the apples and crunchiness of water chestnuts makes the dish AWECOME. This deliciously seasoned mixture of Brussels sprouts, apples, onions, water chestnuts, and is one of my family favorites for Thanksgiving for years.



- **Yield:** 6 to 8 servings

Ingredients

- 2 1/4 pounds fresh Brussels sprouts, halved
- 3 tablespoons fresh lemon juice
- 2 teaspoons salt, divided
- 1/4 cup butter or margarine, divided
- 1 medium onion, diced
- 1/4 cup apple juice
- 1 large Red Delicious apple, diced

- 1 garlic clove, minced
- 1 teaspoon sugar
- 1 (8-ounce) can sliced water chestnuts, drained
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground pepper
- 1/8 teaspoon grated nutmeg

Preparation

Bring Brussels sprouts, lemon juice, 1 1/2 teaspoons salt, and water to cover to a boil in a saucepan. Cover, reduce heat, and simmer 5 to 10 minutes or until tender. Drain and keep warm.

Melt 2 tablespoons butter in a large skillet over medium-high heat; add onion, and sauté 15 to 20 minutes or until caramel-colored. Add apple juice, and cook 2 minutes, stirring to loosen browned particles.

Add apple, garlic, and sugar; cook, stirring constantly, 5 to 6 minutes or until apple is tender. Add water chestnuts, next 4 ingredients, remaining 1/2 teaspoon salt, and remaining 2 tablespoons butter; cook, stirring constantly, 3 to 4 minutes. Gently toss in Brussels sprout.