

Sesame Stir-Fried Brussels

Ingredients:

- 2 pounds Brussels sprouts, trimmed and halved
- 2 (10 ½ ounce) cans low-sodium chicken broth
- ¼ cup water
- 1 teaspoon sugar
- 1 teaspoon cornstarch
- 4 teaspoons low-sodium soy sauce
- 2 garlic cloves, crushed
- 1 teaspoon sesame seeds, toasted (or chopped walnuts)

Equipment:

- Cutting board
- Knife
- Mixing bowl
- Large non-stick skillet
- Wooden spoon
- Measuring spoons
- Measuring cups

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 20 minutes

Directions

1. If you are toasting walnuts or sesame seeds, spread them on a dry pan and put them in the oven at 400 until fragrant (about 5 minutes).
2. Clean and trim ends off of sprouts. Cut them in half.
3. Combine Brussels sprouts and broth in a large skillet; bring to a boil. Cook 6 minutes or until sprouts are tender, stirring frequently. Drain; return to skillet.
4. Combine water, sugar, cornstarch, soy sauce, and garlic in a small bowl; stir until well blended. Add cornstarch mixture to skillet; bring to a boil and cook 1 minute or until thickened, stirring constantly. Remove from heat; sprinkle with sesame seeds or walnuts.



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Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 119	Calories from Fat 9
%Daily Value*	
Total Fat 1g	17%
Saturated Fat g	8%
Cholesterol 0mg	0%
Sodium 375mg	11%
Potassium 961mg	18%
Total Carbohydrate 23g	10%
Dietary Fiber 9g	16%
Protein 9g	11%
Vitamin A 34%	Vitamin C 331%
Iron 20%	Calcium 10%

*Percent Daily Values are based on a 2,000 calorie diet.

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