

Braised Brussels with Pecans



Brussels help protect against cancer, improve digestive function and support your immune system

Ingredients:

2 teaspoons avocado oil or vegan butter
1 cup chopped onion
4 garlic cloves, thinly sliced
8 cups halved and thinly sliced Brussels sprouts
(about 1 1/2 pounds)
½ cup vegetable broth
1 tablespoon coconut sugar
½ teaspoon salt to taste
8 teaspoons coarsely chopped pecans, toasted

Directions:

Heat oil in a large skillet over medium-high heat. Add onion and garlic; sauté 4 minutes or until lightly browned. Stir in Brussels sprouts; sauté 2 minutes. Add broth and sugar; cook 5 minutes or until liquid almost evaporates. Sprinkle in pecan, stirring frequently. Stir in salt to taste.