

# Market District Demo Recipes

## Side Dish



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

## Maple Caraway Brussels Sprouts

Serves: 6

Modified from: [www.CookingLight.com](http://www.CookingLight.com)

**Items Needed:** cutting board, kitchen knife, measuring cups, measuring spoons, skillet, wooden spoon

### Ingredients:

- 1 ½ Tablespoons unsalted butter, divided
- 1 ½ teaspoons olive oil
- 1 Tablespoon chopped fresh thyme
- 2 teaspoons caraway seeds
- 1 lb. Brussels sprouts, trimmed and halved
- 2 cups thinly vertically sliced onion (about 1 large onion)
- 6 garlic cloves, thinly sliced
- ¼ cup pure maple syrup
- 3 Tablespoons sherry vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper

### Directions:

1. Heat 1 ½ teaspoons butter, oil, thyme and caraway seeds in a large non-stick skillet over medium-low, swirling until butter melts. Cook 2 to 3 minutes, or until butter starts to foam.
2. Increase heat to medium-high. Add Brussels sprouts to pan; cook 6 to 7 minutes or until browned and crisp-tender. Remove from pan.
3. Add onion and garlic to pan; sauté 6 minutes. Return Brussels sprouts to pan.
4. Stir in syrup, vinegar, mustard, and salt; cook 2 minutes. Remove pan from heat; stir in remaining 1 Tablespoon butter and pepper.

### Nutrition Information (per ½ cup serving):

Calories: 129 Fat: 4 g Carbs: 21 g Protein: 3 g Fiber: 4 g Sodium: 105 mg