

# Sautéed Brussels Sprouts

Serves 6

## INGREDIENTS

1 Tablespoon	olive oil
1 to 2 Tablespoons	fresh garlic mix (see recipe Sweet Pepper Bouquet page 111)
1/2 pound	fresh white pearl onions—peeled and cut in halves
1 pound	fresh Brussels sprouts—washed, dried and cut in half perpendicular to the stem so they won't fall apart when cooking
kosher salt and freshly ground black pepper to taste	

## NUTRIENTS PER SERVING

CAL	PROT	CARBO	T FAT	SAT. FAT	CAL FROM FAT	CHOL	FIBER	SOD
109	3G	11G	7G	1G	54%	0MG	4G	20MG

# Sautéed Beets

Serves 6

## INGREDIENTS

4 medium-sized	fresh UNPEELED red beets—washed, dried, and cut into slices 1/4 inch to 1/2 inch thick
4 medium-sized	UNPEELED golden beets—washed, dried and cut into slices 1/4 inch to 1/2 inch thick
1 Tablespoon	(plus or minus) fresh garlic mix (see Sweet Pepper Bouquet recipe)
kosher salt and freshly ground black pepper to taste	

## NOTE

*While beets contain a high amount of natural sugar, they are also rich in fiber and should be served as part of a well balanced menu that might include a portion of protein-laden grilled fish or poultry and a serving of strawberry applesauce (see recipe page 121).*

## NUTRIENTS PER SERVING

CAL	PROT	CARBO	T FAT	SAT. FAT	CAL FROM FAT	CHOL	FIBER	SOD
68	2G	11G	2G	<1G	30%	0MG	3G	85MG

## METHOD

1. Heat the olive oil in a nonstick 10-inch to 12-inch pan, add the garlic mix and onions and sauté them on medium heat until they are softened.
2. Add the Brussels sprouts, and salt and pepper to #1 and continue to sauté on medium heat until the sprouts soften but are still crunchy.
3. When done, remove the sprouts from the heat and serve at once.

## NOTES

*This sprout and onion combination, which is best when served hot, is a sweet and tasty way to include beneficial fiber as part of your meal.*

## METHOD

1. Place the garlic mix in a 10-inch to 12-inch nonstick skillet and cook on low to medium heat until the mix starts to soften.
2. Add the beets, salt and pepper to taste and continue cooking until the beets start to soften but are still slightly crunchy.
3. The beets may be served hot as a side dish with a high protein meal of grilled fish or chicken. Or, when cooled to room temperature, they may be served as a main dish by placing them on a bed of field greens and topping with a sprinkling of mandarin orange slices, a small amount of low-fat vinaigrette salad dressing and a dusting of crumbled blue cheese.