

# Brussels Sprouts with Apples

From – *Asparagus to Zucchini: a Guide to Farm-Fresh Seasonal Produce*

1 pound Brussels sprouts  
2 apples  
2 Tbsp butter  
2 Tbsp olive oil  
1 onion – chopped  
1 ½ cups apple cider  
½ tsp salt  
½ tsp pepper  
¼ cup balsamic vinegar

- Trim sprouts and halve lengthwise.
- Cut apples into ½ inch cubes leaving skins on.
- Melt butter and oil in large skillet over low heat.
- When mixture foams, increase heat to medium and add apples and onions, saute until apples are soft and onions are translucent, about 4 minutes.
- Add sprouts, saute 3-4 minutes.
- Add remaining ingredients except vinegar.
- Cover, reduce heat and simmer until sprouts are easily pierced with a fork, about 10 minutes.
- Remove contents of pan with slotted spoon to warm serving dish, cover.
- Heat liquid in pan over medium-high heat until reduced by half.
- Add vinegar, cook 2-3 minutes, stirring and scraping pan to loosen any stuck-on bits.
- Pour over sprouts and serve immediately.



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