

Sautéed Brussels Sprouts with Apples

In this dish the sprouts are thinly sliced and sautéed with cubes of sweet apples. The apples create a sweet counterpart to the slightly bitter Brussels sprouts.

4 servings

2 tablespoons ghee or coconut oil

1 large Golden Delicious apple, cored and cut into 1/4-inch cubes

1 pounds Brussels sprouts, trimmed and very thinly sliced

½ teaspoon Celtic sea salt, more as needed

black pepper

- Heat ghee in a skillet over medium-high heat until lightly smoking.
- Add apples and cook, barely moving, until lightly colored, about 5 minutes.
- Stir in Brussels sprouts and continue cooking, stirring occasionally, until tender and golden, 5-6 minutes.
- Season with salt and pepper.