

Brussels Sprouts with Lemon Butter Sauce



I had a similar dish in a neighborhood restaurant a few weeks ago and in spite of being delicious, I just felt that it was loaded with butter sauce and a bit too salty. Therefore, I decided to make my own...the nice thing about cooking your own, is that you can really “control” the amount of the sauce and salt and finish with a dish that still delicious but somehow healthier.

As I keep trying different recipes for Brussels sprouts, slowly but surely the rank of “unlike” Brussels sprouts is decreasing, which makes me feel kind of “victorious”.

Ingredients:

Approximately $\frac{1}{2}$ lb Brussels sprouts
1 small onion, finely sliced
2 garlic cloves, chopped
1 tablespoon olive oil
Salt and pepper to taste
 $1\frac{1}{2}$ tablespoon butter
1 tablespoon freshly squeezed lemon juice
1 to 2 teaspoons of capers





Method:

Preheat oven to 375F.

In a medium bowl, place the Brussels sprouts, onion, garlic, olive oil, salt and pepper. Toss gently and place in a oven safe tray. Roast for approximately 20 to 25 minutes. Just minutes before the Brussels sprouts are ready, prepare the lemon butter sauce.

In a small sauce pan, melt the butter, add the lemon juice and the capers, stir in very little salt and pepper. Let it cook for about 1 minute over low heat. Remove from the heat and pour over the roasted sprouts. Serve immediately.



If you like this recipe, you might check on Roasted Brussels Sprouts or Brussels Sprouts with Chicken.



Did you know that Brussels sprouts were first mentioned in the late 16th century? It is thought to be native to Belgium, near Brussels, therefore its name. Now Brussels sprouts are cultivated in Europe and the US, specifically California.

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