

# Peeled Brussels Sprouts with Chicken



After eating so much over the Thanksgiving holiday I think that this healthy dish will counter balance the feast that we just had.

This dish is very similar to the one that I made a while ago, Chicken with Brussels Sprout, the difference is that I peeled the Brussels sprouts, blanched and added to the stir fried chicken. I have the feeling that the sprouts tasted nicer and less bitter. Maybe the kids will accept better when cooked this way.

This is very simple and great with a bowl of rice...not to mention that makes a great next day lunch.

***Ingredients:***

1 chicken breast, cut into small chunks  
3-4 cloves of garlic  
1 tablespoon soy sauce  
 $\frac{1}{2}$  tablespoon corn starch  
Salt and pepper to taste  
1 tablespoon olive oil  
1 small onion, chopped  
 $\frac{1}{2}$  lb Brussels sprouts peeled



**Method:**

Marinate the chicken with garlic, soy sauce, salt and pepper. Set aside. In the meantime blanch the sprouts. Make sure that you just blanch, otherwise it will be mush. Just before sautéing the chicken add the corn starch by coating slightly the chicken pieces.

In a wok, sauté the chicken in olive oil. Set aside once the chicken is fully cooked. In the same wok brown the onion, add

the blanched peeled brussel sprouts. Mix gently and add the chicken back to the wok.

Stir gently and serve hot.





Did you know that Brussels sprouts contain high dietary fiber? Moreover, Brussels sprouts have more vitamin C than oranges, so four to six sprouts contain the adult daily requirement for vitamin C.

***Thank you for stopping by Simple Recipes and have a great week!***