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Braised Brussels Sprouts with Pine Nuts

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Introduction:

Who says brussels sprouts are icky? Most likely someone who hasn't had them cooked properly. The trick to cooking brussels sprouts is walking the fine line between tender and mushy. Colors tell the story: tender = vibrant green, mushy = army green. Here's a simple way of preparing brussels sprouts and kale that keeps the flavor and color in tact.

Preparation:

Sautee all but pine nuts over medium heat until bright color develops. Add pine nuts, cook for another few minutes until sprouts are fork-tender.

Image (optional):

Crops:

[brussels sprouts](#) [1]

Preparation:

[braise](#) [2]

Recipe Type:

[side dishes](#) [3]

Ingredients:

- 1 lb. brussels sprouts, halved or quartered, depending on size
- pine nuts (raw or minimally roasted)
- 2 gloves garlic, crushed
- 1 tbs. olive oil
- salt and pepper, to taste

- handful of chopped kale

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[2] <http://kgi.org/preparation/braise>

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