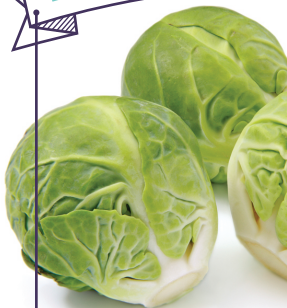


# BRUSSELS SPROUTS



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## *Brussels Sprouts with Balsamic, Cranberries, and Pumpkin Seeds*

### INGREDIENTS

- 3 cups Brussels sprouts, quartered
- ½ cup olive oil
- ¼ cup toasted pumpkin seeds
- ¼ cup dried cranberries
- 1 Tablespoon balsamic vinegar
- 3 Tablespoons olive oil
- 1 clove garlic, paste
- 1 Tablespoon salt
- 2-3 grinds black pepper

PEAK SEASON

*October–November*

## DIRECTIONS

- 1** Combine balsamic, 3 Tablespoons olive oil, garlic, salt, and pepper in a small bowl, and whisk to combine into a vinaigrette. Set aside.
- 2** Heat oil at ¼-½” depth in a large sauté pan over high heat. Cook the Brussels sprouts carefully (they spit and spatter very angrily,) in batches if necessary. Transfer to a large metal bowl to rest while you cook all the sprouts.
- 3** Toss the Brussels sprouts with the vinaigrette, seasoning liberally with salt and pepper. Add the cranberries and pumpkin seeds, and serve immediately.

*Note: As an option, you can lightly oil and roast the Brussel sprouts, but part of the deliciousness of sprouts is getting crispy, crunchy leaves. This is one of those dishes that might change someone's mind about one of the most maligned vegetables.*

*Recipe provided by  
Eastern Market Chef  
Aaron Egan*

