



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

SAUTÉED BRUSSELS SPROUTS & APPLES WITH CARAMELIZED ONIONS

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

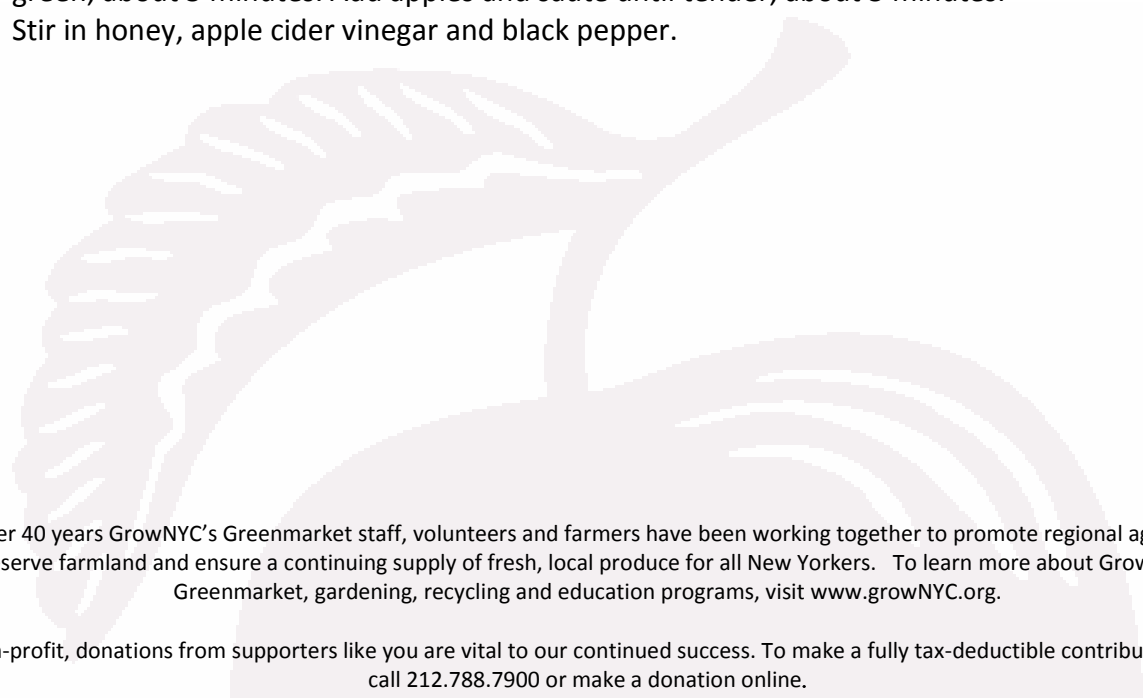
Ingredients:

2 tablespoons extra virgin olive oil
1 large onion, diced*
¼ cup apple juice*
¾ pound Brussels sprouts (about 2 cups), thinly sliced*
1 teaspoon fresh thyme leaves*
½ teaspoon sea salt
3 medium apples (Golden delicious or Mutsu), cored, diced*
1 tablespoon honey*
½ teaspoon apple cider vinegar
Pinch of black pepper

**Ingredients available seasonally at your neighborhood Greenmarket*

Procedure:

1. Heat olive oil in a large saucepan over medium-high heat. Add onion. Cook, stirring occasionally, until golden, about 7 minutes. Add apple juice and deglaze pot, stirring until all juice has evaporated and all caramelized bits have been released from the bottom.
2. Add Brussels sprouts, thyme and salt. Sauté until Brussels sprouts are slightly tender and bright green, about 5 minutes. Add apples and sauté until tender, about 5 minutes.
3. Stir in honey, apple cider vinegar and black pepper.



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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