

# Brussels Sprouts with Mushroom Sauce

## Ingredients:

- ½ pound Brussels sprouts or broccoli, cabbage, kale, collard greens, or turnips
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- ½ teaspoon dried thyme
- ½ cup sliced mushrooms

## Preparation:

1. Trim Brussels sprouts and cut in half. Steam until tender — about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot, bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Yields 2 servings

Nutritional Information Per Serving: 70 calories, 4g protein, 10g carbohydrate (4g fiber), 1g fat, 0mg cholesterol, 85mg sodium

Source: U.S. Department of Agriculture

