

## 10-Minute Warm Maple-Dijon Brussels Sprout Salad with Pecans

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*Preparation Time: 5 minutes*

*Cooking Time: 5 minutes*

*Yields 4 servings*



### **Ingredients:**

- 2 tablespoons olive oil
- 1 1/2 lbs Brussels sprouts, ends trimmed and thinly sliced
- 1 small onion, halved
- 1 medium clove garlic, crushed or grated
- 1 tablespoon fresh lemon juice
- 1 tablespoon pure maple syrup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup toasted pecans, coarsely chopped

### **Directions**

Add the oil to a large skillet over high heat (the highest it will go); once the pan is screaming hot, add the Brussels sprouts and onion and cook until they start to brown in places, about 2 to 3 minutes, stirring occasionally.

Add the garlic, lemon juice, maple syrup, Dijon mustard, soy sauce, salt, and pepper, and cook until the liquid is mostly evaporated, about 1 to 2 minutes. Taste and add additional salt and pepper as desired.

Transfer to a serving dish, top with the pecans, and serve warm.