

Brussels Sprouts with Honey-Mustard Sauce

Preparation time: 30 minutes / Serves 4



INGREDIENTS

- 3/4 pound (3 cups) FOXY-brand Brussels sprouts
- 3/4 cup vegetable broth
- 1 Tablespoon whole-grain mustard
- 1 Tablespoon honey

PREPARATION

Put a large pot of water on to boil. Trim base off FOXY-brand Brussels sprouts and cut a shallow X in each stem. Add boiling water and cook about 10 minutes, or until paring knife pierces stem end easily. Drain in colander.

Return pot to medium heat and whisk together broth, mustard and honey; simmer about 2 minutes. Add sprouts and toss until evenly coated. Serve.