

INGREDIENTS

brussel sprouts, washed and cut	1/4 tsp. red pepper flakes
salt to taste	1 tbs. brown sugar
1-3 garlic cloves	1 tbs. balsamic vinegar
1 tbs. olive oil	

DIRECTIONS

- 1 Trim the sprouts to remove any ugly outer leaves.
- 2 If the sprouts are large, like big walnuts, cut them in quarters lengthwise; if they are small, like a big grape, just cut them in half lengthwise.
- 3 Bring a large pot of water to a boil over medium heat, place the sprouts in the pot. Boil until the sprouts are just beginning to get tender, about 10 minutes, then drain.
- 4 Preheat a nonstick pan well over medium-high heat and add the oil.
- 5 When it just begins to smoke, add the sprouts, garlic and pepper flakes. Stir and keep moving until they begin to get a bit brown, around 2 minutes.
- 6 Add the balsamic vinegar and brown sugar, stir for a minute, remove, and serve.