



Recipes

Vegetables

Sweet Orange Brussels Sprouts (vegan)

Prep Time: 15 minutes

Yield: 6 servings

Ingredients:

3 pounds medium brussels sprouts
1 medium onion, thinly sliced
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 cup freshly squeezed orange juice
1 cup arugula
1/2 cup pumpkin seeds
6 chives, chopped

Directions:

1. Fill a large pot with water. Add steamer insert and bring water to a boil. Add brussels sprouts and onion slices and cook about 10 minutes until tender.
2. Remove brussels sprouts and onions from heat. Drain and transfer to a large bowl.
3. Toss brussels sprouts and onion slices with remaining ingredients.