



# HOW TO COOK BRUSSELS SPROUTS

## SAUTÉED



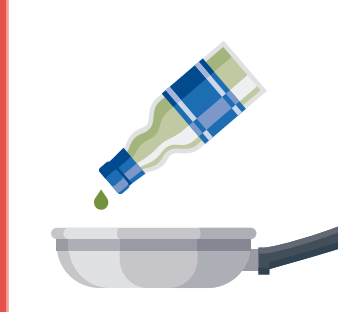
Serves: 4



Prep Time: 10 minutes  
Cook Time: 20 minutes

### INGREDIENTS

2 Tbsp. extra virgin olive oil  
2 cloves garlic, minced  
1 lb trimmed & halved Ocean Mist Farms Brussels sprouts  
Salt & pepper, to taste  
Juice of 1 lemon



#### HEAT

Olive oil over medium-high heat.



#### ADD

Garlic and cook 1 minute.



#### COOK

Brussels sprouts for 10-12 minutes until browned.



#### SEASON

With salt, pepper and lemon to taste.

## ROASTED



Serves: 4



Prep Time: 10 minutes  
Cook Time: 17 minutes

### INGREDIENTS

2 Tbsp. extra virgin olive oil  
2 cloves garlic, minced  
1 lb trimmed & halved Ocean Mist Farms Brussels sprouts  
Salt & pepper, to taste  
Juice of 1 lemon



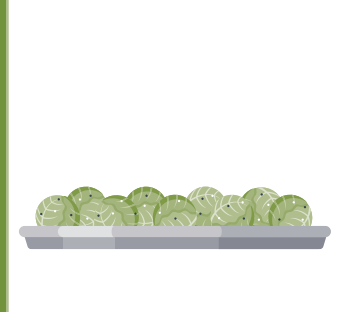
#### PREHEAT

Oven to 400° F.



#### MIX

All ingredients together in a large bowl.



#### SPREAD

Evenly on a baking sheet.



#### ROAST

15-17 minutes until tender, then serve.

## STEAMED



Serves: 4



Prep Time: 5 minutes  
Cook Time: 8 minutes

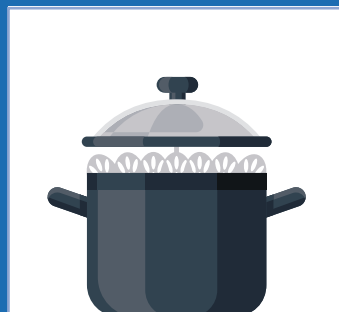
### INGREDIENTS

1 lb trimmed Ocean Mist Farms Brussels sprouts  
Salt & pepper, to taste  
1 Tbsp. butter (optional)  
Juice of 1/2 lemon



#### FILL

A large pot with a steamer basket and water up to the bottom of the insert.



#### COVER

Pot and bring the water to a boil.



#### STEAM

Brussels sprouts for 6-8 minutes.



#### SEASON

Brussels sprouts with remaining ingredients in a large bowl.

## BRAISED



Serves: 4



Prep Time: 10 minutes  
Cook Time: 20 minutes

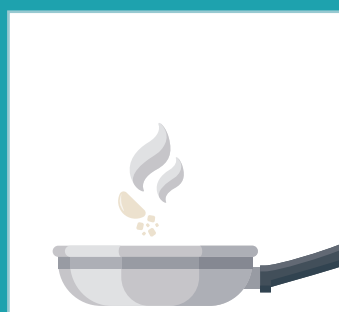
### INGREDIENTS

2 Tbsp. extra virgin olive oil  
2 cloves garlic, minced  
1 lb trimmed & halved Ocean Mist Farms Brussels sprouts  
1 1/2 cups chicken broth  
1 Tbsp. chopped Ocean Mist Farms flat leaf parsley  
Salt & pepper, to taste



#### HEAT

Olive oil over medium-high heat.



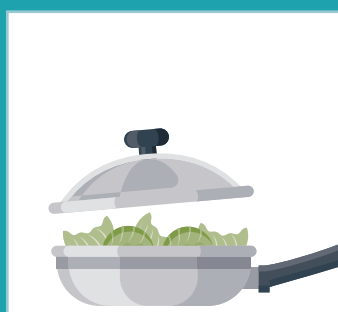
#### ADD

Garlic and cook 1 minute.



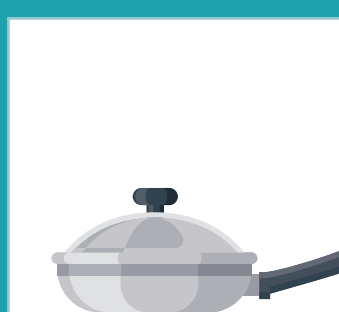
#### SAUTÉ

Brussels sprouts and cook for 2-3 minutes.



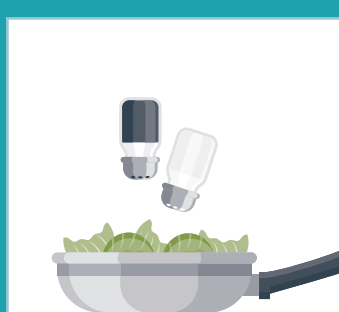
#### STIR

In chicken broth and cover.



#### COOK

Over medium-low heat for another 18-20 minutes.



#### SEASON

With salt and pepper before serving.



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