



Brussels Sprouts And Sausage

Ingredients:

10 Brussels sprouts, halved

2 oz extra virgin olive oil

salt and pepper

1/2 lb spicy Italian sausage, casing removed

4 garlic cloves, crushed

splash of white wine

1 tsp red pepper flakes

2 red bell peppers, sliced

Directions:

1. In a large skillet, coat with olive oil and place all the Brussels sprouts cut-side down into the oil; season with salt and pepper.
2. Then heat up to about medium and let cook until caramelized, about 10 minutes.
3. Toss around pan, add in Italian sausage and crumble into Brussels sprouts until browned and the toss in garlic. Add white wine and let reduce.
4. Once wine is reduced, add red pepper flakes and red bell peppers. Cook all together on medium heat until peppers are soft and serve.

