

### Brussels Sprouts

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Ingredients: Serves 6-8

2# Brussels Sprouts, fresh  
1/2 Red Bell Pepper  
1/2 cup Toasted Slivered Almonds  
2 Garlic Cloves, minced  
4 Scallions, chopped  
1 tsp (Optional, minced ginger)  
Salt and pepper to taste

**Procedure:**

First, wash the sprouts, blot dry and slice a thin piece off the stem end. Then cut an X in that end. The X allows the cooking to be more even. Remove loose leaves.

Place in boiling water and cook for about 10-15 minutes, or until a fork easily penetrates the stem-end.

(Too long cooking will cause them to turn an unappealing gray color. Do not add acids, like lemon, it will cause a lose of color. They should be a bright green still when cooked.)

Cut the 1/2 bell pepper into large strips and place in the water during cooking, this will eliminate the odor.

After they have been cooked and cooled, cut into quarters, approximately 1/4 inch pieces and sauté with the 1/2 cup almonds, 4 chopped scallions, 2 cloves chopped garlic.

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