

Brussels Sprouts with Toasted Walnut Butter

Brussels sprouts are under-utilized--perhaps because many people think of them as stinky, overcooked little cabbages. But when lightly steamed and slathered with Toasted Walnut Butter, this fall vegetable is delicious!

Serves 4

1/4 cup walnut pieces
4 teaspoons butter
1/4 teaspoon salt
pinch black pepper
1 teaspoon fresh lemon juice
1/2 teaspoon minced lemon zest
2 teaspoons real maple syrup
2 cups (about 1 pound) trimmed and halved fresh Washington Brussels sprouts

Preheat oven to 350° F.

Spread the walnuts on a baking pan and place in the preheated oven for about 5 minutes, or until the nuts are lightly toasted and golden. Let cool.

Place the butter, salt, pepper, lemon juice, zest, and maple syrup in a food processor and process the ingredients until smooth. Add the cooled walnuts, and pulse into the butter mixture until almost smooth but small pieces of walnut are still visible.

Steam the Brussels sprouts in a steaming basket over boiling water, and cook until just tender but not overcooked. Immediately toss with the softened walnut butter and serve.

Kathy Casey's Tips: If making the Toasted Walnut Butter ahead of time, it can be refrigerated for up to one week or frozen for up to one month. Be sure to bring to room temperature before using.

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