

## Mustard Glazed Brussel Sprouts

I've been told this is a French preparation for brussel sprouts. I'm not sure if that's true, but I know that it's the preparation that turned me on to brussel sprouts after thinking I didn't like them for about 20 years. An incredibly simple preparation, the amount of shallot, mustard, wine and honey can all be adjusted to suit your tastes. -Simca

Ingredients:

- 2 tablespoons butter
- 1 pound Brussels sprouts, stems trimmed
- 2 shallots, finely diced
- ¼ cup white wine
- 1 tbsp whole grain mustard
- 2 tsp honey
- Salt and freshly ground

black pepper

Directions:

1. Put a large skillet over medium heat and add butter, then shallots. Cook, stirring occasionally, until the shallots are translucent, about 3 minutes.
2. Add sprouts to the pan with the wine, sprinkle with salt and pepper, turn heat to medium, and cook, undisturbed, until sprouts are nearly tender, about 5 to 10 minutes.
3. Add mustard and honey, and cook, stirring occasionally, until any remaining liquid evaporates, about 5 minutes.
4. Adjust seasoning and serve