

Shredded Brussels Sprouts and Apples

Source: 101cookbooks.com

This is a great brussels sprouts recipe, even for those (like me) who think they don't like brussels sprouts that much. It's also a nice vegetarian side for Thanksgiving, as it actually includes a little bit of protein, something usually absent for those avoiding turkey. Be sure to let the tofu crisp up as it adds some nice texture. –*Simca*

Ingredients

1 large, crisp apple, cut into bite-sized wedges
1 lemon, juice only
4 ounces extra-firm tofu cut into tiny-inch cubes (see photo)
a couple pinches of fine-grain sea salt
a couple splashes of olive oil
2 medium cloves garlic, minced
a scant tablespoon of maple syrup
1/3 cup pine nuts, toasted and chopped
12 ounces (3/4 pound). brussels sprouts, washed and cut into 1/8-inch wide ribbons

Preparation

Soak the apples in a bowl filled with water and the juice of one lemon. Cook the tofu in large hot skillet with a bit of salt and a splash of oil. Saute until golden, about 4 minutes. Stir in the garlic, wait a few seconds, now stir in the maple syrup, and cook another 30 seconds or so. Drain the apples, and add them to the skillet, cooking for another minute. Scrape the apple and tofu mixture out onto a plate and set aside while you cook the brussels sprouts. In the same pan (no need to wash), add a touch more oil, another pinch of salt, and dial the heat up to medium-high. When the pan is nice and hot stir in the shredded brussels sprouts. Cook for 2 - 3 minutes, stirring a couple times (but not too often) until you get some golden bits, and the rest of the sprouts are bright and delicious. Stir the apple mixture back into the skillet alongside the brussels sprouts 1/2 of the pine nuts - gently stir to combine. Remove from heat and enjoy immediately sprinkled with the remaining pine nuts. This isn't a dish you want sitting around, the flavors change dramatically after ten minutes or so, and I think that is part of the reason brussels sprouts get a bad rap. Even I don't like them after they've been sitting around.

Serves 2 - 3 as a main, 4 as a side.