

# Brussel Sprouts Garlic Butter & Almonds

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**Serves:** 5-6    **Prep time:** 20 minutes

## Ingredients:

1/4 cup slivered almonds  
1-3 tbsp butter  
2-3 large garlic cloves, slivered  
1/2 cup of onions  
1 pound brussels sprouts, halved or quartered  
1 Tbsp. water  
1/2 tsp. salt

## Preparation:

1. In a nonstick skillet, cook almonds over medium heat for 3-4 minutes or until browned, stirring frequently. Transfer almonds to a cup; set aside.
2. In same skillet, melt butter over medium heat. Stir in garlic & onions and cook for about 4 minutes. Add sprouts, water and salt.
3. Cover and cook 8-10 minutes, stirring occasionally. (Stir often enough in the last minutes of cooking so that the garlic does not overbrown.) It may take longer to cook the sprouts depending on their size. I cook them until my fork can just go through a sprout easily as I'm not a fan of mushy sprouts.
4. Transfer sprouts to a serving bowl and sprinkle with almonds.