



this to this



in season :: late winter



going home to roost

brussel sprouts

Ingredients

- * 1 bunch of brussel sprouts
- * 2 tbs (+) extra virgin olive oil
- * salt and pepper to taste

Directions

* remove the tough end of the brussel sprout and then slice each in half. toss with 2 tbs of extra virgin olive oil, salt & pepper. place in a skillet over med-high heat, cut side down until they begin to brown, about ten minutes. add more olive oil as needed and begin to stir often until all sides have browned, about another ten minutes.

enjoy!

brussel sprouts & apple omelet

Ingredients

- * 2 organic eggs
- * 1/4 cup of cooked brussel sprouts
- * 4 slices of local apple
- * salt and pepper to taste
- * 1/4 cup cheddar cheese
- * 2 tsp butter

Directions

* combine eggs, salt & pepper in a bowl by whisking them with a fork. melt 1-2 tsp of butter in a skillet over med heat. pour eggs into the pan and cook over medium heat until underside is cooked. using a spatula, flip the omelet and add the brussel sprouts, cheese and apple. fold the omelet in half and allow it to heat all the way through- then,

enjoy!