



Brussels Sprouts with Slivered Almonds

Serves 4

Ingredients

- 20-25 Brussels sprouts, each about 1" in diameter, trimmed
- 1 cup slivered almonds, soaked
- 2 teaspoon whole cumin seeds
- 3 Tablespoons ghee
- 1 Tablespoon lemon juice
- Water for boiling
- Salt and pepper to taste



Directions

1. Steam or boil the prepared Brussels sprouts and cook, covered, for 8-10 minutes, or until tender.
2. Heat ghee in a large pan or wok.
3. Add slivered almonds and cumin seeds and toast until they brown lightly.
4. Add the Brussels sprouts, season with salt and pepper, and sauté for 5 minutes.
5. Add the lemon juice, toss and serve with a grain and protein of your choice.