

The logo for 'hally' is a teal-colored speech bubble with a white outline. Inside the bubble, the word 'hally' is written in a white, lowercase, sans-serif font. A registered trademark symbol (®) is positioned to the upper right of the 'y'. The background of the bubble features a pattern of thin, white, concentric lines that resemble a fingerprint or a stylized sound wave.

hally[®]



Let's cook something delish!

Hawaiian Shaved Brussels Sprouts

Ingredients

- 16 oz fresh Brussels sprouts
- 1 Tbsp canola oil
- 1 Tbsp brown sugar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 (8 oz) can pineapple bits in juice, drained well
- 1 Tbsp chopped macadamia nuts

Serving size: 1/2 cup
6 servings

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Directions

1. Cut off the bottom of the Brussels sprouts' cores, then cut the sprouts into very thin slices with a knife or slice them in a food processor.
2. In a large skillet over medium heat, heat the oil until it's hot. Sauté the Brussels sprouts for 5 to 7 minutes, or until they begin to brown, stirring occasionally. For crispier Brussels sprouts, sauté a couple minutes longer.
3. Stir in the brown sugar, salt, pepper and pineapple. Cook for 3 to 5 minutes or until heated through. Sprinkle with the macadamia nuts and serve.

Find more delicious recipes at
hally.com/category/food-cooking. Yum!

Nutrition facts: Calories: 90, Total fat: 4 g, Saturated fat: 0 g, Cholesterol: 0 mg, Sodium: 210 mg, Total Carbohydrate: 14 g, Fiber: 3 g, Total Sugars: 9 g, Protein: 3 g | Diabetes Food Hub®

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.