

Riverview Wellness Center

Recipe

Client Name: Howard Rose

Recipe for: Brussels Sprout & Sweet Potato Skillet

Ingredients: 2 Tbsp butter
1 onion, chopped
1 large sweet potato, cut into bite-size pieces
1 bay leaf
1 lb brussels sprouts, cut in half
1 sweet red pepper, sliced into ¼ strips
¾ cup chicken broth
2 Tbsp chopped, fresh parsley

Preparation: Melt butter in skillet over medium heat. Add onion, potato, bay leaf, brussels sprouts and peppers. Saute until tender. Add chicken broth and simmer 8 minutes. Remove bay leaf, season with pepper to taste. Sprinkle with fresh parsley and serve.