

CANDIED BRUSSELS SPROUTS WITH PECANS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 5-6 Brussels sprouts)

Nutrition (per serving)

Calories: 171

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 50 mg

Total Carbohydrate: 10 g

Dietary Fiber: 3 g

Protein: 3 g



Ingredients

- 1 (14 ounce) package frozen Brussels sprouts, cooked (microwave or steam)
- 1 teaspoon canola oil
- 2 Tablespoons honey mustard (not the dressing)
- 1 Tablespoon Splenda® brown sugar blend
- ¼ cup pecans, chopped

Directions

1. Place cooked Brussels sprouts and canola oil in a small skillet on medium heat.
2. Add honey mustard, Splenda® and pecans and toss until coated.
3. Cover and cook for 3-5 minutes stirring occasionally.