



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Brussels Sprouts**

Brussel Sprouts with Maple Mustard Vinaigrette

Ingredients:

2 lbs brussel sprouts
2 Tbs white wine vinegar
2 Tbs balsamic vinegar
2 Tbs maple syrup
1 Tbs coarse-grained mustard
½ tsp salt
¼ tsp freshly grated nutmeg
½ cup oil
cracked black pepper, to taste

Directions:

Fill a large bowl with ice and cold water, set aside. Trim the bottoms of the Brussel Sprouts, discarding the outer leaves. Cut a ¼ inch deep X in the stem end of each sprout (to ensure even cooking). Bring a 2-quart pot of salted water to a boil over high heat. Add the Brussel sprouts and simmer for 10 to 15 minutes, or until tender, stirring occasionally.

Plunge the sprouts into the ice water to stop the cooking, then drain them in a colander. Whisk the remaining ingredients in a mixing bowl. Add the Brussel sprouts and toss to coat. Transfer the sprouts to a serving bowl, and serve at room temperature.