



CHESSY BRUSSELS SPROUTS & MUSHROOMS

Basic Lifestyle

INGREDIENTS

2 TBS olive oil	1/4 TSP kosher salt
2 cups halved Brussels sprouts	1/4 TSP black pepper
2 cups sliced cremini mushrooms	2 TBS whole-wheat or regular panko
1 TSP minced garlic	1 TBS white wine vinegar
1 TSP fresh thyme	1/4 cup grated Parmesan cheese

Note: Cremini mushrooms are often labeled as baby bellas; there's no flavor difference. Substitute your favorite variety, or pick up pre-sliced mushrooms to cut your chopping time in half.

INSTRUCTIONS

—Heat olive oil in large skillet over high. Add Brussels sprouts; cook until browned, 3 to 4 minutes.

—Add sliced cremini mushrooms; cook until tender, 3 to 4 minutes.

—Stir in minced garlic, fresh thyme, kosher salt, and black pepper; cook 1 minute. Remove from heat.

—Stir in panko and white wine vinegar; top with grated Parmesan cheese.

SERVING INFO: (Serves 4)

1/2 cup = 1 V, 1/2 FT

See photo at [Instagram](#) and [Facebook](#).