

## **Sautéed Brussels Sprouts With Pine Nuts** **By Catherine Carrigan**



8 ounces organic Brussels sprouts  
Walnut Oil  
2-3 tablespoons of pine nuts

Steam the Brussels sprouts in a vegetable steamer until tender. Drain.  
Heat a skillet and coat with walnut oil. Sauté the steamed Brussels sprouts and pine nuts together at medium high heat until the leaves on the Brussels sprouts are brown and crispy.

Many people are unenthusiastic about Brussels sprouts, but when you cook them this way, they become a fun, crunchy food that actually tastes good. Brussels sprouts are high in vitamins A, K, C and folic acid and contain cancer-fighting phytonutrients.

While walnut oil is certainly delicious, it has multiple health benefits. Walnut oil is one of richest sources of polyunsaturated fat in nature (72% by content, representing 60% linolenic acid and 12% alpha-linolenic acid). Since the oil is not refined, it has a very high level of natural anti-oxidants and essential fatty acids. This means it can help to prevent cardiovascular disease while acting as a counterweight to bad cholesterol. With 12% of alpha-linolenic acid, Walnut oil is also a great source of omega 3: one tablespoon brings 1.4g of omega 3's.

Pine nuts are a good source of Vitamin B1, thiamine. They are also full of vitamins A, C and D. They also contain more protein than any other variety of nut or seed.