

# Glazed and Crispy Brussels Sprouts

## Ingredients

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1 1/2 lb Brussels Sprouts (halved)  
4 clv Garlic (chopped)  
1 Red Onion (small, chopped)  
1 T Olive Oil  
1/2 c Apple Juice  
1 T Salt  
0 ds Ground Black Pepper  
0 ds Garlic Powder

## Instructions

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1. Bring a large pot of water plus 1 tablespoon salt to a boil. Add the Brussels sprouts and simmer for 7 minutes. Drain them.

2. About 15 minutes before dinner, heat the olive oil in a skillet over medium high heat until shimmering. Add the garlic, red onion, and sautÃ© briefly.

3. Add the Brussels sprouts and apple juice. Cook, stirring occasionally, over high heat until the apple juice has evaporated and the Brussels sprouts are tender, browned, and somewhat crispy. Serve hot.