

Really
Healthy Side

Shredded Brussels Sprouts With Orange And Almonds

This low-fat dish is loaded with vitamins A and C (thanks, Brussels sprouts), and the almonds provide a shot of protein and fiber.

Work: 15 min **Total:** 15 min

- Zest from 1 orange
- 1 lb Brussels sprouts, stem ends removed
- 2 tbsp orange juice
- 1 tbsp rice wine vinegar
- 1 tbsp olive oil
- $\frac{1}{4}$ cup low-sodium fat-free chicken broth
- $\frac{1}{4}$ tsp kosher salt
- $\frac{1}{4}$ tsp ground black pepper
- 1 clove garlic, minced
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{4}$ cup sliced almonds, toasted

Slice Brussels sprouts thinly and toss with orange juice and vinegar. Heat oil in a large nonstick skillet over medium heat and add shredded Brussels sprouts. Sauté until bright green and tender, 2 min. Add broth, salt, pepper, garlic and zest. Cook another 2 min. Toss with raisins. Garnish with almonds and extra orange zest if desired.

SERVES 6

Per serving: 95 calories, 4.5 g total fat, 5 g sat fat, 106 mg sodium, 14 g carbs, 0 chol, 4 g protein, 3 g fiber

