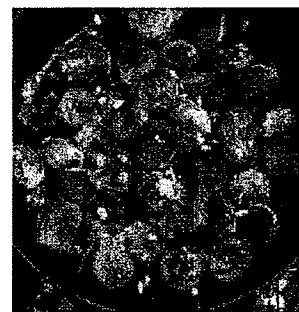


Sautéed Brussels Sprouts

Pan sautéed Brussels sprouts are a quick, easy way to make delicious Brussels sprouts you'll want to eat every night! Crispy, caramelized, and addictive!

PREP TIME: 5 MINS *COOK TIME:* 15 MINS *TOTAL TIME:* 20 MINS

Servings: 4 servings



5 from 34 votes

Ingredients

- 1 pound Brussels sprouts - trimmed and halved
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon balsamic vinegar or lemon juice
- 1 to 2 tablespoons raw pine nuts - or chopped raw walnuts, almonds, or pecans (optional)
- Chopped fresh herbs like parsley - cilantro or mint (optional)
- A handful of Parmesan - feta, or goat cheese (optional)

Instructions

- ¹ Heat a large cast iron or similar sturdy bottomed skillet over medium high for 4 minutes. Add the oil. As soon as the oil is hot and shining (but before it starts smoking), swirl to coat the pan, then add the halved Brussels sprouts. Shake the skillet a little and prod them so that as many as possible are cut-side down. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear.
- ² Add the salt and pepper. With a wooden spoon or spatula, stir the Brussels sprouts. Continue cooking, stirring every few minutes, until the Brussels sprouts are browned all over and just turning tender the inside, about 6 to 8 additional minutes.
- ³ Remove the pan from the heat. Stir in the vinegar, then the pine nuts or almonds. Let the residual heat of the skillet toast the nuts, stirring them very often so that they toast evenly on all sides and do not burn (if they aren't toasting, return the skillet to low heat). As soon as the nuts are toasted, transfer the sprouts to a serving plate and sprinkle with fresh herbs. Enjoy hot.

Notes

- **TO STORE:** Place cooked Brussels sprouts in an airtight storage container in the refrigerator for up to 4 days.

- **TO REHEAT:** Gently rewarm leftovers in a large skillet over medium low heat until warmed through. You can also microwave the Brussels sprouts on a microwave-safe plate until warm. Add fresh toppings as desired.
- **TO FREEZE:** Brussels sprouts can become soggy, so I don't recommend freezing them. However, you certainly can freeze them. Place cooked and cooled Brussels sprouts in an airtight freezer-safe container and store in the freezer for up to 12 months. Let thaw overnight in the refrigerator before reheating.

Nutrition

Serving: 1(of 4) without toppings, Calories: 114kcal, Carbohydrates: 11g, Protein: 4g, Fat: 7g, Saturated Fat: 1g, Potassium: 441mg, Fiber: 4g, Sugar: 3g, Vitamin A: 855IU, Vitamin C: 96mg, Calcium: 48mg, Iron: 2mg

COURSE: SIDE DISH *CUISINE:* AMERICAN

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