

MARINATED BRUSSELS SPROUTS

From Loretta Wilson of the Willy Street Coop

This recipe is an excellent first step if you haven't tried Brussels sprouts before. The garlicky vinaigrette seeps inside the sprouts and forms a wonderful balance of flavors. Makes 4-6 servings.

1 lb. Brussels sprouts

1/2 red bell pepper, diced

2 Tbsp. minced onion

1 to 1-1/2 Tbsp. dry white wine

1-1/2 Tbsp. vinegar (I use sherry vinegar)

1-1/2 tsp. dijon mustard

2 Tbsp. vegetable oil

1 garlic clove, finely minced

1/2 tsp. salt

1/4 tsp. pepper

1. Mix all ingredients except the Brussels sprouts together in a large bowl and set aside.
2. Clean the Brussels sprouts and trim the stem ends. Cut an X in the stem end of large sprouts, and a slit in small or medium sprouts. Steam or boil until just tender (about 7 to 14 minutes). Drain well.
3. Toss well with the pepper-onion-vinaigrette mixture. Cover and chill at least one hour. Can also be eaten warm right away.