



Makes 4 cups
Preparation Time: 5 minutes
Cook Time: 25 minutes

INGREDIENTS:

½ cup chopped onion
½ cup unsalted vegetable stock
1½ tablespoons Dijon-style mustard
3 cups halved or quartered Brussels sprouts
½ tablespoon pure maple syrup
Sea salt and freshly ground black pepper

Brussels Sprouts with Maple-Mustard Sauce

In this recipe, Brussels sprouts are braised in a pressure cooker with a tangy-sweet combination of Dijon mustard and maple syrup. There are lots of advantages to pressure-cooking the sprouts: For one, they cook in just three minutes once the pot has reached pressure. The pressurized heat also helps the sprouts hold their shape and texture, so there's no risk of them getting mushy. Finally, the tightly sealed pressure-cooking environment concentrates the flavors, creating a rich, super-fast sauce. Although the dish is designed to be a side, you could also serve it as an entrée by ladling it over grains and sprinkling it with chopped nuts.

By Jill Nussinow, RD

- 1 Set an electric pressure cooker to sauté or heat a stovetop pressure cooker over medium heat. Add the onion and cook for 1 to 2 minutes, stirring and adding 2 to 3 tablespoons of water as needed to prevent sticking.
- 2 Whisk the stock and mustard in a small bowl; add the mustard mixture to the pressure cooker. Stir in the Brussels sprouts and maple syrup.
- 3 Lock the lid on the pressure cooker. Bring to high pressure for 3 minutes. Quick release the pressure. Remove the lid carefully, tilting away from you. Season with salt and pepper.