



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 lb. Brussels sprouts, trimmed and halved (4 cups)
1 cup thinly sliced leeks (white parts only)
1 clove garlic, minced
 $\frac{1}{4}$ to $\frac{1}{2}$ cup vegetable broth or water
1 cup unsweetened, unflavored plant milk
2 tablespoons unbleached all-purpose flour
1 tablespoon nutritional yeast
1 teaspoon yellow mustard
1 tablespoon finely chopped sun-dried tomatoes (not oil-packed)
Sea salt and freshly ground black pepper, to taste
1 tablespoon finely chopped fresh parsley

Creamy Brussels Sprouts with Sun-Dried Tomatoes

Not into Brussels sprouts? This comforting side dish might just change your mind. First the sprouts are simmered in a savory, garlicky broth until just tender. Then they're dressed with a rich and tangy cheese sauce. A hint of sweetness from sun-dried tomatoes rounds things out. This easy recipe comes together in just 15 minutes.

By Darshana Thacker Wendel

- 1 In a large saucepan cook Brussels sprouts, leeks, and garlic in vegetable broth over medium-low 10 minutes or until sprouts can be pierced with a fork, stirring occasionally. Do not overcook.
- 2 In a bowl whisk together milk, flour, nutritional yeast, and mustard. Stir in sun-dried tomatoes. Add to Brussels sprouts. Cook 3 to 5 minutes or until sprouts are coated and the sauce thickens, stirring frequently. Season with salt and pepper. Sprinkle with parsley.