

Super-Simple Shredded Sauteed Brussels Sprouts, with optional walnuts

Brussels sprouts get a bad rap, but it's really not deserved. A little knife work and a quick sauté in a hot skillet is all that's needed to make these little cabbages tender and tasty. That's really it. They're even, dare I say, pretty.

Serves 4

1 pound very fresh Brussels sprouts, hard stem/core removed from bottom

2 tablespoons olive oil

1/2 cup toasted walnuts, optional

Generous sprinkling coarse salt & freshly ground black pepper

Lemon juice, if desired

Cut the sprouts in half lengthwise. Use your knife to cut into thin slivers so the sprouts shred and fall apart.

Heat a heavy skillet over medium-high heat and slick with the olive oil. When the oil starts to shimmer, scrape in the slivered sprouts. Saute, tossing with tongs, 3 to 4 minutes, or until the vegetables turn bright green and begin to brown deeply on the edges. Toss in walnuts, if using, and sauté one minute longer.

Serve with a generous sprinkling of coarse salt and fresh pepper. Season with a little fresh lemon juice, if desired.