



## Greenmarket Affordable Meals Series

*Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person*

# Natural Gourmet Institute

### SAUTÉED BRUSSELS SPROUTS & APPLES WITH CARAMELIZED ONIONS

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes  
Cook: 20 minutes  
Total Time: 30 minutes

Yield: 4 Servings  
Level: Easy  
Approx. Market Cost: \$11.49

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
2 tablespoons extra virgin olive oil	<i>Pantry Item</i>	-----
1 yellow onion, diced	Mon, Wed, Fri, Sat	\$1.50
¼ cup apple cider	Mon, Wed, Fri, Sat	\$0.12 (\$3.75/half gallon)
¾ pound Brussels sprouts, thinly sliced	Mon, Wed, Fri, Sat	\$5.25
1 teaspoon fresh thyme leaves	Mon, Wed, Fri, Sat	\$1.00
½ teaspoon sea salt	<i>Pantry Item</i>	-----
3 medium apples (mutsu or golden delicious), cored, diced	Mon, Wed, Fri, Sat	\$3.00
1 tablespoon maple syrup	Mon, Wed, Fri, Sat	\$0.62 (\$9.95 per half pint)
½ teaspoon apple cider vinegar	<i>Pantry Item</i>	-----
Pinch black pepper	<i>Pantry Item</i>	-----
	<b>Total Price:</b>	<b>\$11.49</b>

*\*Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

#### Directions:

1. Heat olive oil in a large saucepan over medium-high heat. Add onion. Cook, stirring occasionally, until golden, about 7 minutes. Add apple cider and deglaze pot, stirring until all juice has evaporated and all caramelized bits have been released from the bottom.
2. Add Brussels sprouts, thyme and salt. Sauté until Brussels sprouts are slightly tender and bright green, about 5 minutes. Add apples and sauté until tender, about 5 minutes.
3. Stir in maple syrup, apple cider vinegar and black pepper.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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