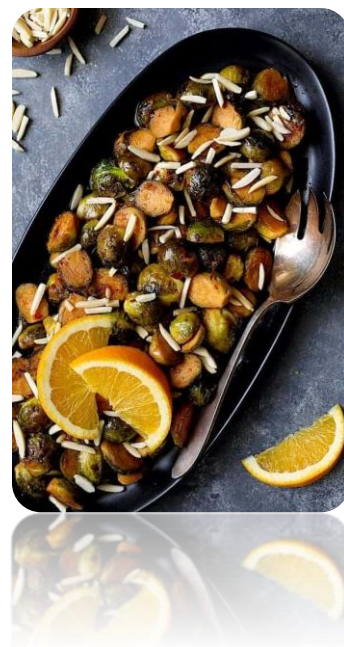


This vibrant and flavorful vegetable side dish combines the perfect balance of sweet, tangy, and savory flavors.

## Ingredients:

- 2 tablespoons canola oil
- 2 pounds Brussels sprouts, small to medium, trimmed and halved
- Salt and freshly ground black pepper, to taste
- 1/2 cup orange juice, preferably freshly squeezed
- 3 tablespoons soy sauce
- 1 teaspoon minced ginger
- 2 cloves garlic, minced
- 1/4 cup sweet chili sauce
- 1 tablespoon honey
- 1/4 cup slivered almonds, for garnish
- Orange wedges, for garnish



## Instructions:

1. Preheat oil in a large skillet or sauté pan over medium-high heat. Add the halved Brussels sprouts. Season generously with salt and black pepper.
2. Cook for 4-5 minutes, shake the pan and stir frequently until sprouts are beginning to brown.
3. Add the orange juice, soy sauce, ginger and garlic. Reduce heat to medium-low and partially cover.
4. Continue cooking another 4-5 minutes or until sprouts are becoming tender and liquid has almost evaporated, partially covering during the last 2 minutes of cooking.

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Recipe source <https://www.fromachefskitchen.com/pan-roasted-brussels-sprouts-thai-chili-orange-glaze>

5. Drizzle with sweet chili sauce and honey.
6. Transfer to a serving platter.
7. Sprinkle with almonds and garnish with orange wedges. Serve immediately.

## Nutrition:

SERVING: 1 CALORIES: 181K CAL CARBOHYDRATES: 26G  
PROTEIN: 7G FAT: 7G SATURATED FAT: 1G  
POLYUNSATURATED FAT: 2G MONOUNSATURATED FAT: 4G  
TRANS FAT: 1G SODIUM: 647MG POTASSIUM: 689MG  
FIBER: 7G SUGAR: 13G VITAMIN A: 1181IU VITAMIN  
C: 139MG CALCIUM: 82MG IRON: 3MG

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.