

## Pan-Seared Lemon Dill Brussels Sprouts

Pan-seared brussels sprouts cooked with light butter, pinch of salt, and garlic then topped with a lemon, garlic Greek yogurt dip. This goes perfect alongside some lemon-pepper chicken and rice or your favorite lean protein and complex carb. The brussels sprouts offer fiber, Vitamin K, Vitamin C, and folate! Surprisingly enough, one serving of these recipes comes packed with 14 grams of protein!

### Ingredients:

#### Brussels

2 tbsp	Minced garlic
2 tbsp	Lite butter (I use the Smart Choice or I Can't Believe It's Not Butter)
2 lbs	Brussels sprouts, trimmed and halved lengthwise
Pinch	Salt
½ cup	Water

#### Dip

1 cup	Non-fat plain Greek yogurt
1 tbsp	Dried dill weed
2 tsp	Lemon juice

### Directions:

1. Heat deep skillet with lid over medium-high heat. Add garlic and cook in skillet for 1 minute.
2. Add butter, brussels, and salt. Cook for 3-5 minutes, or until brussels start to brown and edges get crispy. Stir/toss frequently.
3. Pour water into skillet. Cover and let cook under brussels are tender. This will take about 5-8 minutes.
4. In the meantime, prep the dip by mixing all the dip ingredients. Stir until evenly combined.
5. Serve hot brussels with dip over the top! Enjoy 😊

Servings: 4

Serving size: 1 cup Brussels + 1/4 cup dip

Pan-Seared Lemon Dill Brussel Sproats		
Nutrition Facts		
Serving Size: 1 x 1 Cup Brussels + 1/4 cup dip		
Amount Per Serving		% Daily Value*
<b>Calories</b>	144.5 kcal	7 %
<b>Total Fat</b>	3.4 g	5 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	3.1 mg	1 %
<b>Sodium</b>	260.8 mg	11 %
<b>Total Carbohydrate</b>	20.2 g	7 %
Dietary Fiber	6 g	24 %
Sugars	6.2 g	
<b>Protein</b>	12.1 g	24 %
Vitamin A	10 % • Vitamin C	234 %
Calcium	16 % • Iron	17 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>