

STEAMED BRUSSELS SPROUTS

1 1/2 lbs. (675 g) fresh Brussels sprouts
Water

1. Trim off base of the Brussels sprouts and any leaves that are damaged. Cut Brussels sprouts in half lengthwise.
2. Fill a 3-quart (3 liter) saucepan with 1/2-inch (1 cm) of water. Put Brussels sprouts into a steamer basket and set it into the saucepan. Cover, and bring to a boil over high heat.
3. Turn heat down slightly to medium-high and steam until sprouts are fork tender, about 7 to 9 minutes. Remove immediately, and serve. Makes 6 servings.