



## today's main ingredient

A  LOCAL FOOD PODCAST



# Hashed Brussels Sprouts with Fresh Oregano

### INGREDIENTS – serves 4 as a side

2 cups Brussels sprouts  
1 Tablespoon olive oil  
1 garlic clove, chopped  
2 Tablespoons white wine or vermouth (or vegetable broth)  
1 1/2 Tablespoons lemon juice  
1 Tablespoon chopped fresh oregano  
Salt and pepper

**STEP 1** – Cut the Brussels sprouts in half vertically, then coarsely chop them, or alternatively, shred them very thinly.

**STEP 2** – Heat olive oil for 1 minute over medium-high heat in a large skillet. Add the sprouts and garlic, then sauté until the sprouts begin to char, 2 to 3 minutes.

**STEP 3** – Turn heat to medium low. Add wine and lemon juice and partially cover. Cook until sprouts are tender but not soft, about 3 minutes.

**STEP 4** – Add oregano and cook for 30 seconds. Add salt & pepper to taste. Serve hot or warm.