

Hawaiian Shaved Brussels Sprouts

Ingredients

- 16-ounces fresh Brussels sprouts
- 1 tablespoon canola oil
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (8 oz) can pineapple bits in juice, drained well
- 1 tablespoon chopped macadamia nuts



Directions

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1. Cut off the bottom of the Brussels sprouts' cores, then cut the sprouts into very thin slices with a knife or slice them in a food processor.
2. In a large skillet over medium heat, heat the oil until it's hot. Sauté the Brussels sprouts for 5 to 7 minutes or until they begin to brown, stirring occasionally. For crispier Brussels sprouts, sauté a couple minutes longer.
3. Stir in the brown sugar, salt, pepper and pineapple. Cook for 3 to 5 minutes or until heated through. Sprinkle with the macadamia nuts and serve.

