



# LEMON BRUSSELS SPROUTS WITH HAM

Earthy, tangy and a hint of sweet, the complex flavors of this Brussels sprouts medley make for a delightful side dish.

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 MIN	10 MIN	35 MIN	6 PEOPLE

## INGREDIENTS & INSTRUCTIONS

- 6 oz Frick's diced ham
- 1 lb. Brussels sprouts
- 1/2 cup olive oil
- 1 tsp. salt
- 1/2 tsp. black pepper
- 3 cloves garlic, minced
- 1/2 lb. thinly sliced radishes
- 3 Tbsp. lemon juice (1 medium lemon)
- 1/2 Tbsp. lemon zest (1/2 lemon)
- 1/4 cup shredded Parmesan cheese

### STEP 1

Trim sprout ends & cut into halves or quarters.

### STEP 2

Heat olive oil in a large skillet over medium-high heat. Once warm, add in the Brussels sprouts, salt & pepper. Stir to mix sprouts and seasoning well.

### STEP 3

Sauté the sprouts, stirring occasionally, for 4 minutes. Then mix in garlic, radishes and ham.

### STEP 4

Continue sautéing for about 4 minutes, stirring frequently, until the sprouts are tender and the outer layer is golden-brown.

### STEP 5

Remove from heat, then stir in lemon juice and zest. Sprinkle cheese on top, then serve warm.

Great as a side dish, or as a main dish over a bed of rice.