

Shopping List:

1 lb brussel sprouts

½ cup pomegranate seeds

½ cup macadamia nuts

1 Tbsp olive oil

Dressing Ingredients:

2 Tbsp course brown mustard

¼ cup white wine vinegar

½ cup olive oil

2 Tbsp honey

2 tsp minced garlic

Salt and pepper to taste

Cooking Instructions:

Trim the ends off of the Brussels sprouts and slice in half. Heat Olive Oil in cast iron skillet. Place Brussels Sprouts in hot skillet. Cook sprouts for about 5 minutes and then add the Macadamia Nuts and dressing. Cook for an additional 3-5 minutes. Remove from heat and serve immediately.