



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 1 sweet onion, chopped
- 4T butter
- 1-2T apple cider vinegar
- 1T honey
- 1-12oz bag shredded Brussels sprouts (2C chopped, sliced sprouts)
- Pink Sea Salt/Pepper

# Caramelized Onions + Brussels Sprouts

## Preparation

1. Melt butter in a cast iron skillet. Add onions and cook 2-3 min.. Add ACV and honey and cook until onions are browning.
2. Add sprouts with a generous amount of Sea Salt and pepper.
3. Add cover and saute, stirring occasionally, until sprouts are done (darker green and mostly soft) to your liking.
4. Serve with toasted pecans or other nuts/seeds of your choice.

## Tips

This recipe is easily doubled, although don't add the nuts to the entire mix if you plan on having leftovers because they'll go soft.

Bacon is a nice addition. You can reduce the amount of butter by using the grease from the bacon. 4-6 slices, chopped into ½" pieces works well.

Shallots can replace the onions or add your favorite herbs (rosemary, oregano or thyme).

This side pairs well with almost any kind of protein and salad.